



FAVORITE

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Beauty
**HACKS
WE
SWEAR
BY**

**WHY
CHOOSING
THE SEX OF
YOUR BABY
ENDANGERS
WOMEN**

**EAT MORE
CINNAMON**
and 9 other
super-effective
health fixes

**MEN WITH
SOMETHING
TO SAY**

- SHARLTO COPLEY
- DARREL BRISTOW-BOVEY

Your career
Why you should
improvise your
way to the top

the. *science* OF **LOVE**

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THE
YEAR
OF
Jennifer

a serious role, a
serious relationship
... Rachel is all
grown up

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1. NPD BeautyTrends® total sales of 4 countries: France, Italy, Spain mainland and UK, skin care products sold in Perfumeries and Department Stores, Luxury brands, sales in value in 2013. 2. Satisfaction tests, 379 multi-ethnic women, "overall product satisfaction" response.

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Welcome

Last month we published an interview with Kate Gross, and an extract from her extraordinary book, *Late Fragments*. Kate knew she was dying, and she wrote the book partly as an act of defiance (to create something even as she self-destructed, she said), and partly because she wanted to tell her twin sons things she thought they should know as 35-year-old men, not just as the five-year-old boys they would be when she left them. She was 36 when she died this Christmas Day, leaving behind her husband Billy, her sons ... and her mother. Kate was smart, funny and very honest, and now, reading her mother's account of the day she died (page 42), I think I know where she got it from. I am sure it will make you weep, as it did all of us in the FAIRLADY office, but it is also so loving and affirming that it will make you want to seize your life with both hands and make damn sure you enjoy every second of it.

A good place to start to do just that is with 'The secret to happiness starts with a D' (page 28). London School of Economics academic Professor Paul Dolan believes that society has taught us to focus on the wrong things in our search for happiness – 'we pay attention to what we think makes us happy,' he says, 'rather than what actually does.' For example, if you drag yourself into the office in the morning and hate every minute of your day – yet insist that you love your job – Dolan maintains that what you really love is the idea of your job, not the reality of it. In order to be truly happy, we need to distinguish between the two and make our decisions based on the everyday reality rather than the idea. If I apply Dolan's theory in reverse, it means my husband may be right about me and camping: I hate the idea of it, but when I'm actually doing it, I secretly enjoy it. A scary realisation ... I may have to take to my bed with a box of truffles (see below) until it passes.

I hope your March is just mad enough to be a lot of fun.

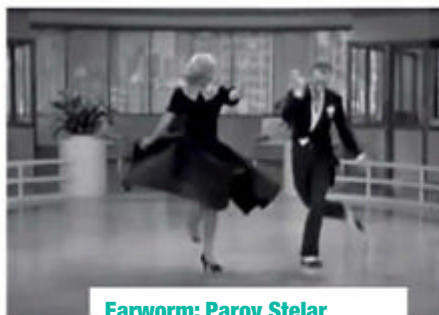
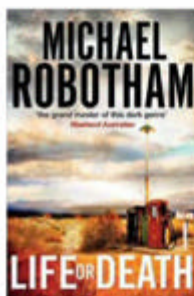
Suzy

SUZY BROKENSHA
EDITOR sbrokensha@fairlady.com

This month I'm loving...

Michael Robotham: *Life or Death*

Australian Michael Robotham writes fantastic thrillers because he understands that they are more about characters than plot: you need to care about them before you can worry about the trouble they're in. The premise of this book is fabulous: after a decade in prison for armed robbery, Audie Palmer breaks out the day before his release 'to keep a promise'. A compelling character, he's surrounded by others just as believable.



Earworm: Parovoz Stelar Booty Swing (especially if you watch this video:

<https://www.youtube.com/watch?v=Eco4z98nIQY>) There are a few wonderful things that make up for having teens in the house; one is the occasionally great music they introduce you to. So there is currently a bit of an electro-swing thing going on at home, and I love it. Have a look at this, and at some of the other videos other ordinary people have uploaded of themselves dancing to his music – fantastic!



Elizabeth Arden Matt Raspberry

Lipstick I love matt lipstick, but it's really hard to find good ones that are a) really matt, and b) don't completely dry your lips out. This is a keeper, and there are other lovely colours in the range too.

Cémoi truffles from Clicks

Right. I'm apologising upfront because you, like me, might become addicted. These are buttery, gorgeous and 'so rich,' the friend who told me about them assured me, 'you won't want to eat more than one or two.' (She never was very good at numbers.) They are delicious, and very affordable (given the dramatic rise in the Swiss franc, we may need an alternative to Swiss chocolate). Just don't open the box on your own – you may never close it.



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*Happy
days!*

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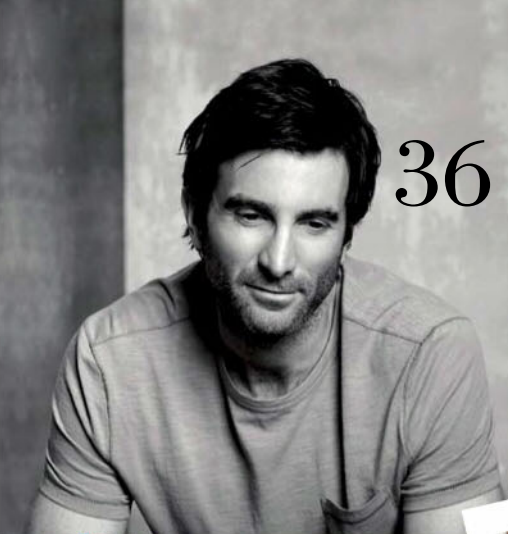
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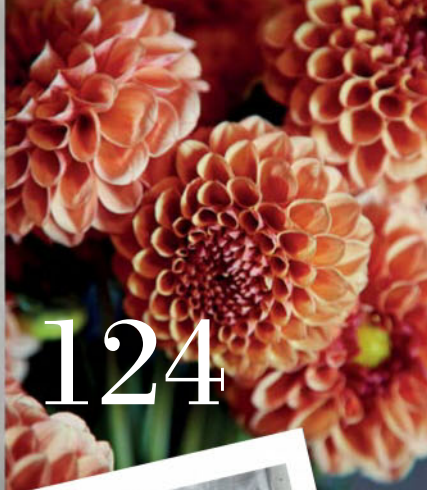
yourself first!

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EXTRA EDGE? Some of
SA's most successful
women tell us what they
believe got them to where
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ON THE COVER

106 SUBSCRIBE NOW to our digital edition and you could win one of 19 Nuxe hampers worth R1 325 each

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CONTENTS: CHELSEA MACLACHLAN

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have your say

winning letter

Reaping the rewards of The Morning Pages

As women, we carry the weight of the world on our shoulders. Mothers, wives, daughters – we give and give and often take nothing back. It's very heroic but sometimes it results in us losing ourselves completely. I speak from experience. 2013 was a year of painful choices, 2014 brought incredible change and 2015 is my year of new beginnings! And I started with your thought-

provoking article on The Morning Pages. I began writing the day I read the article (22 Dec) and I haven't stopped! I feel lighter and freer than I have ever felt and, more importantly, I feel like I am empowering myself again. Thank you for the great start to the new year. I encourage more women to take this lead in dealing with the issues that weigh them down.

Leebashni Reddy, Johannesburg

Ed: Lovely to hear, Leebashni! The pages are a really brilliant way to free ourselves from the stuff that clutters up our heads and stops us from being everything we could be. Good for you for taking the plunge.

YOUR FABULOUS PRIZE IS...

A TITAN EDGE WATCH VALUED AT R4250!

Running late is never fun... Then again, it's easy to be punctual with a chic and remarkably lightweight watch from the Titan Edge range. Classic yet contemporary, each watch is crafted out of solid steel with specially grounded sapphire crystal glass, and is incredibly slim at a mere 3,5mm. The range has been augmented

by the third generation of Titan Edge, with skeletal movements and pieces crafted from titanium. In this case, less truly is more...



Finding love online

I was sorry to read in your January issue of a reader's bad experience with online dating. There are many bogus profiles, weirdos, chancers and comen out there. But it is, sadly, no different from the real world. You could just as easily meet an undesirable in a pub, at church, work or in your local gym. I met my perfect match online in 2014. We connected in February, met in March, and now have an exclusive committed relationship. Our stories of online dating are amusing but not dangerous – financially or otherwise. Try online dating, but be aware of the potential threats.

Nikki Quinn, Johannesburg

Ed: We agree, Nikki. Online dating is an excellent option, but always remain cautious. Having said that, we're so glad you're happy, and wish you all the best!

Children are our future

Your December 2014 issue fills me with hope: Redi Thlabi and gorgeous Neo represent joyous parenthood; the Oliviers set a fine example by adopting a clearly happy Noah; Monica shows how to cope as a single parent. I admire the multi-talented Camilla Comins. I salute the Pretorians for caring for Africa's children. The entire issue exemplified the sentiment in the line, 'I believe the children are



our future' – of the song sung by Whitney Houston.

Janey Edwards, Bryanston

Ed: Redi and Neo were a complete hit, we're delighted to say – one reader said it was 'love made visible'. It's a thread we try to keep running through FAIRLADY.

Online

WE ASKED: Do you have a dream or ambition that not many people know about? Share it with us.

'To see Paris at night'

– **Thea Kleynhaus Lennox**

'Most people who have been in my circle of trust know.

I wanna be an Artist Manager and coordinate the Oscars or Grammy's.' – **Monique Leendertz**

'I have a dream to be an MMA fighter.' – **Cheridene Boucher**

'To write a book.'

– **Tozi Gumbi**

'I want to be a beekeeper.'

– **Amy Rawhani**

'My dream is to run an orphanage for about twelve children!' – **Charlene Binder**

Pinterest is a great tool for collecting ideas and inspiration, keeping you motivated to reach or your dreams. Follow our boards and see what keeps us inspired.

There are so many platforms to connect with FAIRLADY and share your opinion. Visit us on www.facebook.com/fairladymag or www.twitter.com/fairladymag and tell us what you think of our latest issue or an article you enjoyed.

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Log on this month for...

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Pets

Stay updated about your pets



Useful advice to keep your furry friends happy and healthy

Money & Career

Savvy saving tips to manage your money



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DIY

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ANEL VAN DER MERWE



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fashion



CHLOE, MOSCON OPTICS (R1849)



TOM FORD, SDM EYEWEAR (R3950)



VON ZIPPER, (R850)



TOM FORD, SDM EYEWEAR (R4725)

Spectacle frames are as much an accessory as an essential, so choose wisely – you'll be wearing them a lot!

PRADA, LUXOTTICA (R2610)



LOOKING GOOD



THE READER (R350)



WOOLWORTHS (R120)



Choose a colour that complements your features. Black is great for highlighting and outlining your eyes, while a softer colour (similar to your skin tone) will blend in a bit more.

FASHION EDITOR CARA-LEE RUDITZKY



BURBERRY, LUXOTTICA (R2040)

PHOTOGRAPHER: ANEL VAN DER MERWE;
FASHION INTERN: KIRSTIN GERBER

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Making literacy top of mind – and keeping it fun – is what gets Martine up in the morning.

Martine Schaffer



After living in London for 14 years, working in marketing and business development in a variety of sectors, I came back to South Africa because, quite frankly, this is where my heart sings.

I first got involved in the Home-coming Revolution because it's my personal story, and I really believe in it. There's more gravitas in telling your own story; people trust you. And I was honest about the pitfalls and beauties of returning home.

Literacy is everything – what's life without reading? No child can manage any school subject without being literate, not even maths. It's an absolute fundamental building block for all learning and for life.

Now I run The Click Foundation, which implements an online literacy programme at schools across South Africa. Basically this 'computer game' is an exciting, interactive and self-paced international reading programme that takes learners on a really fun and effective journey towards literacy. They love it, and the results have been phenomenal, with a 15% improvement in reading aloud in our project schools.

I like a new challenge and I'm determined to make a difference.

I like working with children and this was a great opportunity to use all my combined skills to change the path not for one, but for many South African children.


An unforeseen benefit has been a huge improvement in many children's ability to speak English, especially the ones who were struggling with it. Schools have also seen increased levels of concentration in the classroom.

As an 'educational skunkworks', we test ideas that use technology in education to make an impact in children's lives. Although we've been

focused on literacy, we are starting to look at online maths programmes to complement the literacy.

My dream growing up was to be locked in a bookstore so I could read all the books. Even today, my best moments are getting into a good book. I want every child to have this experience and to learn to really love reading. It can open the door to better life choices too.

Something I love about living here is that every day I can make a difference. I love living a purposeful life in Johannesburg and being part of an ever-changing landscape and dynamic. It feels like nothing is impossible. ❖



*'What we
perceive as
failures are
just avenues
for testing;
if they don't
work, you
haven't failed
– you just
change course.'*

Jessica Bonin

These four entrepreneurs ran bravely with an idea they loved – and although there were a few bumps in the road, they're well on their way to success.

making it *work*

Business: Lady Bonin's Tea Parlour
Who? Jessica Bonin

START-UP COST: R50 000
PROFITS: VARIABLE; COSTS ARE HIGHER AS THE BUSINESS IS STILL FINDING ITS FEET.

Jessica Bonin, better known as Lady Bonin in the tea scene, initially dipped her biscuit into the film industry teacup. But she found film unfulfilling; she needed a change of flavour. 'I wanted out immediately. I wasn't happy, but I stayed in the film industry for a couple of years.'

Her next stop was the restaurant environment, where she realised she had a natural instinct for tea. And during trips to China and Thailand, she fell in love with the culture. 'I love those travel cafes; you sit down and just have this conversation over a cup of tea. It's such a beautiful way of bridging the gap between cultures.' She believes that tea breaks the social awkwardness that many try to compensate for with alcohol.

So Jessica ordered a caravan online, intending to turn it into a mobile tea room, had it sent down from Joburg, found a supplier overseas – and started dabbling in tea. 'I had no idea about tea. I knew teabags, like everyone else does. They sent me all these loose leaves of teas from all over the world; I'd never experienced anything like it.'

As hers was the first food truck in South Africa, Jessica had to overcome people's resistance to the new and unknown. She also ran into issues regarding the city council regulations on informal trade – not to mention having to fight for survival in a highly coffee-driven society.

But Jessica survived all that and managed to get ahead. Her tea room has already opened, and she is scheduled to attend a tea exhibition in Japan soon, to further master her art.

By carefully selecting the farms she trades with and the containers she uses, she ensures that all her products are organic and eco-friendly.

In a world of instant gratification, Jessica's aim is to reintroduce craftsmanship to our fast-paced society. Her advice to prospective entrepreneurs is to go with the ebb and flow of the process: 'What we perceive as failures are just avenues for testing; if they don't work, you haven't failed – you just change course.'



Business: Foxy Box
Who? Athena Lazarides

START-UP COST: INITIALLY R10 000, BUT IN TOTAL ABOUT R100 000 AS ATHENA HAD TO PAY FOR THE BRANDING AND WEBSITE AT LATER INTERVALS.

PROFIT: ON AVERAGE, EACH BOX COSTS AROUND R450, AND 40% OF THAT IS PROFIT. ABOUT 150 BOXES ARE SOLD EACH MONTH – SOMETIMES MORE, SOMETIMES LESS.

Athena is a practising psychologist – and she also happens to run a successful online business selling... sex toys. But this isn't just any online sex shop, it's a subscription service centred on sexual health and wellbeing. Members subscribe or pay a once-off fee of R450 (for one box), and receive, via post, a surprise

'Learn to self-motivate. It's hugely important. Obviously I have some great people working for me, but I have to have a very specific vision of where I want the company to go.'

selection of sex toys and accessories each month, as well as instructions on how to use them. The presentation is elegant, and the products themselves (anything from a vibrator to massage oil to more, er, adventurous items) are tasteful. 'I wanted to take the seediness out of buying sex toys and incorporate the health aspect into it,' she says.

Athena first flirted with the idea of starting Foxy Box when she was transitioning from her honours degree to her masters. 'I was sitting with a friend, and we were talking about how society is still quite restrictive about sex and sexual health... And I came up with the idea for Foxy Box. I later discovered it wasn't a new idea, though – a woman in Canada had started a very similar company. So I contacted her, and we chatted. There was nothing like Foxy Box in South Africa, and the market was ripe.'

Athena was new to business, so she set about researching things like how to register a business, finding out about various taxes, exploring the market, sourcing products, both locally and abroad...

'One major challenge was that the bank wouldn't allow me to trade with a credit card on the website,' says Athena. 'We had to be in business for five months before we could integrate a credit card facility on the site.' This meant subscribers had to make EFT deposits, but luckily they were willing to do this. After four months, Foxy Box began to break even, and she was able to offer credit card payments to her clients.

Now Athena has a team in place to run the company day-to-day, so she can still maintain her career as a psychologist, her first love. After all, it's the sexual health aspect of Foxy Box that is her driving force. 'We really are helping people. I've had some amazing feedback. One woman who'd had a double mastectomy



ordered one of our boxes, and it really helped to activate communication between her and her husband. It was a Burlesque themed-box that included nipple tassels... So something that may seem fun and frivolous to us had a huge impact on this woman's life. It rekindled passion between her and her husband, and helped her find her sexual identity again. That's been a huge source of pride for me, helping people communicate more openly about their sexuality.'

Her advice to aspiring entrepreneurs? Learn to self-motivate. 'It's hugely important. Obviously I have some great people working for me, but I have to have a very specific vision of where I want the company to go. And at times that's quite challenging: to stay motivated and move forward.'

Which she's doing, with plans to expand the service overseas, and to add an online shop so that clients can choose their own products. The surprise element of the Foxy Box, though, will remain its unique selling point.

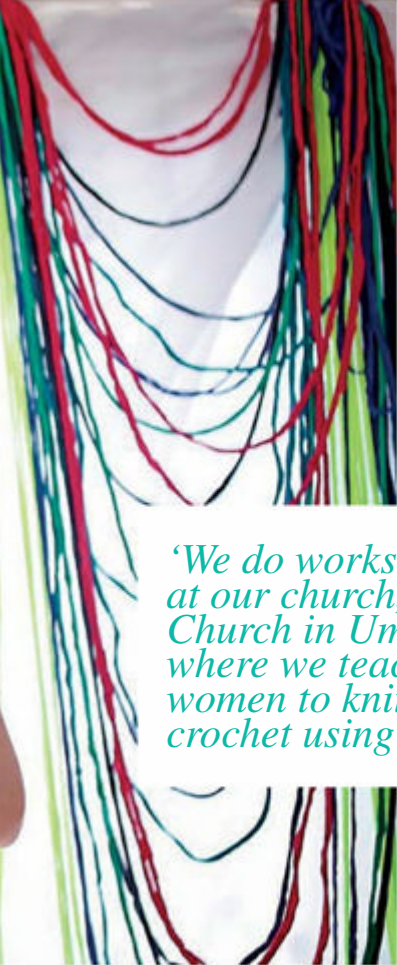
Business: Tarn SA **Who?** Leigh-Anne Ferreira

START-UP COST: ESTIMATED AT AROUND R40 000

PROFIT: 'THE BUSINESS IS DOING QUITE WELL AND WE MAKE ENOUGH TO KEEP GROWING.'

As a young girl, Leigh-Anne always loved the afternoons she spent knitting with her grandmother in Durban. 'My grandmother taught me how to knit. It was a good way to bond and be creative at the same time. This is actually what inspired Tarn,' she says. She decided to channel her memories of those simpler times into a business.

'I initially started this business with my sister. We wanted to do something that was eco-friendly, fun and colourful. We decided to recycle off-cuts of old T-shirts and turn it



'I don't allow wastage. If there's even the slightest bit of extra cream, I will create a new flavour with it.'

'We do workshops at our church, Grace Church in Umhlanga, where we teach women to knit and crochet using Tarn.'



Business: Cold Gold Artisan Ice-Cream and Sorbet
Who? Janine van Zyl

START-UP COST: R200 000
PROFIT: PROFITS ARE VARIABLE BECAUSE THEY DEPEND ON THE SEASON. WE CAN MAKE UP TO R80 000 IN A GOOD MONTH.

into Tarn – or T-shirt yarn,' she says.

Leigh-Anne hopes to ignite the creative force in women, providing them with an opportunity to take up a new hobby using her eco-friendly alternative to wool. 'We want women to use Tarn imaginatively. You can make jewellery, scarves, and bags... just about anything. It can be such fun and so addictive,' she says.

An important aspect of Tarn SA is giving back to the community. 'We do workshops at our church, Grace Church in Umhlanga, where we teach women to knit and crochet using Tarn. We want them to be able to take what they make and sell it,' she says.

It hasn't always been easy; Leigh-Anne readily admits it was difficult to give up her steady income and job security in the corporate world. 'It can be scary not knowing how much money you'll make and whether the business will work, but you just *have* to do it. You never know unless you give it a go. You have to love what you do. If you have an idea that you're passionate about, then do what you can to make it happen.'

People in South Africa don't know real ice cream,' says Janine.

After completing her Grande Diploma with a distinction in culinary studies and wine from the Prue Leith Chefs Academy in Pretoria, Janine realised just how important it is to know what goes into the food you eat. 'You have no idea how many toxins are in mass-produced ice creams. I started this business because I wanted people to experience organic ice cream – with no artificial ingredients or chemicals.'

Janine values her customers: 'I can make any ice cream according to any

dietary requirement. I want my customers to know that I am willing to go out of my way for them,' she says.

Cold Gold offers over 500 different flavours, and Janine creates each of them without ever referring to a recipe. 'Everything is from my head. People ask me how I make things and I can't tell them. It just happens.'

And for every leftover ingredient in the Cold Gold kitchen, there's a new ice cream on its way. 'I don't allow wastage. If there's even the slightest bit of extra cream, I will create a new flavour with it,' says Janine.

Starting a business isn't obstacle-free. 'You have to consider a loan, premises to work from – all those things.' Her advice for newbie entrepreneurs is to pay now and reap the rewards later. 'If it costs a lot to start your business, don't be put off. Buy the best equipment you can and your product will speak for itself.' ♣

the secret to HAPPINESS

starts with a D

A new book claims
that contentedness
in everyday life can
be achieved in
three simple
steps –

1. Decide
2. Design
3. Do.



‘**L**ost happiness is lost forever’ could be a slogan emblazoned on the favourite T-shirt of a pseudo-intellectual teenage poet, or the tagline of a deep-house club night. In fact, it’s the life maxim of the prestigious behavioural scientist, Professor Paul Dolan.

Thanks to Dolan, it is a principle that reaches well beyond angst-y teenagers: as a London School of Economics (LSE) academic, and part of the Office for National Statistics Wellbeing team, Dolan guides public policy and the UK government’s approach to happiness research.

Now – happy news for the individual – Dolan, with his two diamanté earrings in his left ear and trendy helping of stubble, has written a book, *Happiness by Design*, in which he explains why most of us are not as happy as we could be... and how we can transform ourselves.

Dolan believes pleasure and pain are the constituents of happiness, and he defines happiness as the experience of pleasure and purpose over time; this is novel in assessing purpose as a day-to-day experience – just like pleasure – rather than the standard approach of evaluating whether our lives have purpose overall. He terms this theory ‘sentimental hedonism’, the sentiment being purpose and the hedonism pleasure.

‘Most people talk about purpose in this big, evaluative sense, but I just don’t buy that. Purpose is an everyday experience: it’s not that if I reflect on my life as a whole, having children makes my life meaningful; it’s the tying of their shoelaces, the reading of bedtime stories – these experiences themselves that bring purpose,’ Dolan explains from the armchair of his deskless office at the

LSE (the desk was recently whipped out to stop procrastination and encourage non-businesslike conversation, both steps designed to increase Dolan’s happiness).

This is the crux of his argument: he believes policy makers, teachers and philosophers – in fact, most of society – are mistaken in assessing happiness in terms of grand, overall life evaluations.

To be truly happy, which is what Dolan believes our life goal should be, we need to focus on our subjective, everyday experiences of pleasure and purpose and to pursue actions that maximise both.

‘Social constructs have taught us to focus our attention on the wrong things. We pay attention to what we think makes us happy, rather than what actually does,’ he says.

In his book, Dolan uses the example of a friend at a distinguished media company who continually moans about how unhappy she is at work, complaining about her boss, her colleagues and her commute, but who concludes, ‘I love working there’. By refusing to be influenced by her daily experiences but rather being swayed by the idea of her job, she is, in Dolan’s view, miserable.

‘The story of the self having a miserable life, day to day, and the evaluative self saying they’re satisfied with life is really commonplace. There are lots of societal constructions of what a good “story” looks like, so people will spend years with boyfriends and girlfriends because they think it’s a good relationship, but if they paid attention to how they make you feel, moment to moment, you might reach a very different conclusion,’ he says.

The good or bad sentiments felt

while awaiting an event are also part of Dolan’s happiness equation; as feelings they play a significant part in determining an action’s impact on happiness. There are three essential happy-making steps laid out in *Happiness by Design*: the three Ds – decide, design and do.

Once you’ve decided what gives you purpose and pleasure, design and prime your environment so it is easier to do the pleasurable and purposeful activities that will make you happier. If reading gives you extra pleasure and purpose, say, Dolan suggests changing your homepage to a book-reviewing website. The third stage is to do these things.

Dolan ranks high enough in the happiness stakes to be considered

A UK study Dolan cites shows bankers are the least happy professionals and florists the happiest: perhaps banks could start by filling their offices with lilies and tulips.

a trustworthy guru: he is not exactly dancing on the table, but he is relaxed, quick to laugh, free from worry lines and, through following his principles of redirecting attention, he has managed to overcome a lifelong stammer that was once the single biggest blot on his happiness radar.

It is not only the individual who should be taking note: day-to-day happiness is what should be at the heart of policy decisions, says Dolan.

‘Most good outcomes come about by being happier: happier people are more productive, healthier, more social, live longer and so, engaging in meaningful and purposeful activities promotes better health, social integration and daily functioning,’ he argues. ‘The vision would be to be able to monitor everyone’s happiness

all the time, then it would be possible to attribute any changes in happiness to particular interventions in policy that take place at a particular time.'

When it comes to social mobility, Dolan believes we need a big rethink: 'We want everyone to have opportunities to achieve, but it begs the question: to achieve what, exactly? To achieve jobs that won't make them happy? That seems a bit weird.'

A better approach, he believes, would be to focus on 'what jobs will make people happy in the first place. Second, what kind of jobs will we need for an economic system to be fuelled most effectively, and how can we compensate those people doing jobs that might not make them quite so happy? Think of the attributes of happy-making jobs, and change the environments of the other ones.'

A UK study Dolan cites shows bankers are the least happy professionals and florists the happiest (see panel): perhaps banks could start by filling their offices with flowers?

Dolan's sentimental hedonism is perhaps open to criticisms of ethical shallowness: in pursuing pleasure and purpose to the exclusion of all else, there is little room for lofty notions of truth, goodness and altruism.

He is quick to reject this. Dolan doesn't believe in altruism – he says we want others to be happy for selfish reasons – but says this dismissal is ultimately liberating. He argues that the location of all things good and bad is in our subjective experiences, so the judgment of moral acts is in felt experiences: 'Happiness is the final arbiter of the rightness of what you do.'

Maybe we should all embark on our happiness journey by adding Dolan's maxim 'Lost happiness is lost forever' to our computer screens.

Happiness By Design, by Paul Dolan is published by Allen Lane. Mobile apps based on the book's insights are available. HBD: Measure lets you track pleasure and purpose; HBD: Monitor allows you create a diary of what makes you happy and what does not; and HBD: Act provides you with the tools to be happier by design.

DOLAN'S 7-POINT GUIDE TO SERENITY

1. Being happy means experiencing pleasure and purpose, and getting the balance between them right – so engage in an activity that you find fulfilling if you have a lot of fun, and have some fun if you are already engaged in lots of fulfilling activities.
2. You are what you attend to – so pay attention to good stimuli such as nature and music, and withdraw attention from bad stimuli such as constant Facebook updates.
3. Lost happiness is lost for ever – so don't hang around at an annoying film or party, or in an annoying relationship or job.
4. Small changes can have big effects – so spend five minutes more each day outside, or 10 minutes more talking to a friend.
5. You make mistakes, so get feedback on what makes you happy and what doesn't.
6. You are a creature of habit – so shake up your immediate environment to change your behaviour, for example by changing your homepage, or your journey home.
7. You might quite like tips for happiness, but it's the insights behind them that matter most, so think about how you can design your own environments to find your own balance of pleasure and purpose.

We need both pleasure and purpose

There are two central issues in the study of happiness. The first is a classic distinction, which goes back at least to Aristotle, between two views of the good life: a life of pleasure, contentment and other positive feelings, or one that is well-lived and meaningful. A clear choice of one over the other has its problems. A preference for joy over meaning gets you labelled a hedonist. On the other hand, you are called a scold if you proclaim that only virtue and meaning matter. How should you define happiness if you wish to be neither? The other great question about happiness is how to measure it. Should we study how people feel as they go about their lives, whether they mostly experience happiness or misery? Or should we ask people to stop and think about their life, and report whether they're satisfied with it?

The two questions appear to be related. It seems natural to use measurements of life satisfaction to study whether people find meaning in their life, and to identify happy feelings by measuring continuing experience. That was also my view for many years, but Paul Dolan disagrees. He is more interested in people's experiences of life than in their evaluations of their

life. The novel idea is to consider 'meaningful' and 'meaningless' as experiences, not judgments. Activities, in his view, differ in a subjective experience of purposefulness. For Dolan, purpose and pleasure are both basic constituents of happiness. This is a bold and original move.

The question 'What does happiness consist of?' is not answered by listing facts about it. When people speak of 'happiness', what do they have in mind? No answer can be completely satisfactory, because people do not always have the same idea in mind when they use the word. Among the imperfect definitions of happiness, the pleasure-purpose concept Dolan offers is, I feel, a strong contender. It is a good description of what I wish for my grandchildren.

Dolan has overcome many obstacles on his way to becoming an internationally recognised expert on wellbeing. He believes you can make your life both pleasurable and meaningful with deliberate choices about the environment you create for yourself and the aspects of life that deserve your attention. He offers sound advice on how to make these choices and how to follow through with them. The rest, he says, is up to you.

Extracted from the Foreword to Happiness By Design by Daniel Kahneman, a Nobel Prize winner in economics and author of Thinking, Fast and Slow.



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THE YEAR of *Jennifer Aniston*

At 45, Jen is hot property – she's making waves on the big screen in *Cake*, which could mean that this year, she'll finally be taken seriously as an actress...



‘Sex and power – what’s better than that in a female?’

It's

difficult to think of a character played by Jennifer Aniston that we didn't adore. Even when she does play less than loveable characters, we tend to overlook her nastiness. In fact, Daniel Barnz, director of *Cake*, cast Jen as Claire Simmons, a prickly 'bitch' (in Claire's words) who suffers from chronic pain, because, says Barnz, 'We had to cast somebody you can forgive immediately.' Jen also highlights the complexity of the character, saying she found Claire 'endearing' and could empathise with her, but that it was difficult to tell the story without having everyone hate her. But she clearly pulled it off – the film premiered to a standing ovation at the Toronto Film Festival, and Jennifer's stellar performance earned her a Golden Globe nomination for Best Actress, and the fact that she was overlooked for an Oscar Nomination is commonly regarded as

JENNIFER ANISTON WAVES TO CROWDS AS SHE ARRIVES AT THE SHRINE AUDITORIUM WITH FIANCE JUSTIN THEROUX FOR THE 2015 SAG AWARDS.

a serious oversight. She also reprised the role of abusive sex-addict Dr Julia Harris in *Horrible Bosses 2*, which she describes as ‘more hysterical than the first one, and probably a bit darker.’ Taking on these darker roles is a sign of her strong desire to escape from the shackles of Rachel (difficult, when *Friends* still airs almost every day all over the world), as well as her maturity.

She never bows to social pressure

For years, Jen’s love life and whether or not she will have kids have been a source of tabloid fodder. Now engaged to actor, comedy writer and artist Justin Theroux, Jen refuses to let the pressure get to her. They’ve been engaged since 2012, and are in no big hurry to tie the knot: ‘There’s something to enjoying the engagement period, I have to say, whether it’s three months, one year – two to five years, whatever it is – enjoy it, there’s no rush,’ she told E! Online in August last year. The media has been dragging out the ‘poor, sad Jen’ narrative for years. Jen’s response? ‘There was a part of me that used to get very upset. I was guilty of getting too up in arms about stuff that wasn’t real, phantom-boxing with something that’s not even there,’ she said in an exclusive interview with *Harper’s Bazaar*. ‘Now I’d rather just focus on people and things that are here, happening, and what’s yet to come. My friends, my family, wonderful people I work with. We know what the real is.’

She loves the skin she’s in

Known for her trim, fit physique, if Jen gains the slightest weight the tabloids and celebrity blogs are all over her. Despite this ridiculous pressure, she is choosing to follow her own lead. ‘For the last year and

Our favourite roles:

• Rachel Green – *Friends*,

obviously. ‘It’s one of the greatest jobs I ever had,’ Jen says. ‘It gave me everything. It gave me this ridiculously blessed life and career and it taught me so much, and it’s the best time I ever had.’

• Brooke Meyers – *The Break-Up*.

‘It’s a truthful portrayal of a couple walking through a breakup... it deals with real serious truth of these two people.’

• Polly Prince – *Along Came Polly*.

‘She’s kind of quirky. And I just wanted to work with Ben [Stiller]!’

• Olivia – *Friends with Money*.

‘She doesn’t see a problem with where she is. She’s sort of blissfully oblivious to it. I loved her,’ says Jen.

• Dr Julia Harris – *Horrible Bosses 1 & 2*.

‘She’s outrageous, insane, honest and earnest about what she loves ... Sex and power – what’s better than that in a female? She’s so unapologetic and confident and just... insanely, you know, wrong in so many ways that it’s just so much fun to play.’

a half I went from being a crazy workout girl to sort of saying, “My body wants a little break.” The only downside to that, of course, is that there’s that couple of extra pounds and 4000 pregnancy rumours too, but you know, other than that, it all feels great.’ This translates really positively; it’s a lesson in moderation. But it doesn’t mean she doesn’t look after herself: ‘One thing I do on a daily basis is drink a lot of water, practise yoga and eat very healthily,’ she says. Regarding her timeless good looks, she pegs this to good genes:

‘Whenever I look at my dad I kind of marvel at how he has hardly any wrinkles and he’s now 81, so I’m sure I’ve benefited from that and my Greek heritage.’

Post-40 looks good on her

‘I’ve had more fun post-40 than I can remember, from a work point of view, a physical point of view, a psychotherapeutic point of view,’ she says. In the interview with *Harper’s Bazaar*, she vehemently rejects the associations that come with growing older. ‘When am I supposed to freak out? When am I supposed to feel like, “Oh, my knee! Oh, ouch!” I don’t feel any of those things! I feel like our ageing marker needs to be rejiggered. I heard Halle Berry refer to her pregnancy at 47 as a “geriatric pregnancy”, which is ridiculous! It’s insulting. Obviously, as women we’ve evolved.’

She has a good grip on love and romance

She’s level-headed when it comes to love. Before Theroux, she took a break from dating: ‘It really helped me get to a place where I was more comfortable with myself, truly ready for love and for a partner,’ she says in the same interview. She continues, ‘The past wasn’t “less than.” It was extremely important to my growth as a woman. But if you take the law of attraction, if you only love yourself 70 percent, that’s what’s going to come back to you. So you fill up that 30 percent, then all of a sudden there’s this pure, good love standing right in front of you. Then you realise, “Oh, this can be easy! It doesn’t have to be so hard.”’ She doesn’t gush about their relationship but rather points to their easy compatibility: ‘It’s almost impossible to get bored with one another. We’ve tried so hard!’ ❖

PHOTOGRAPH: ELITE PHOTO AGENCY.
SOURCES: INTERVIEW WITH DIANE SAWYER, HARPER’S BAZAAR; MTV; CRITICS CHOICE MEDIA; THE TODAY SHOW; INTERVIEW WITH DIANE SAWYER, INSIDE THE ACTOR’S STUDIO: WOMEN’S HEALTH.



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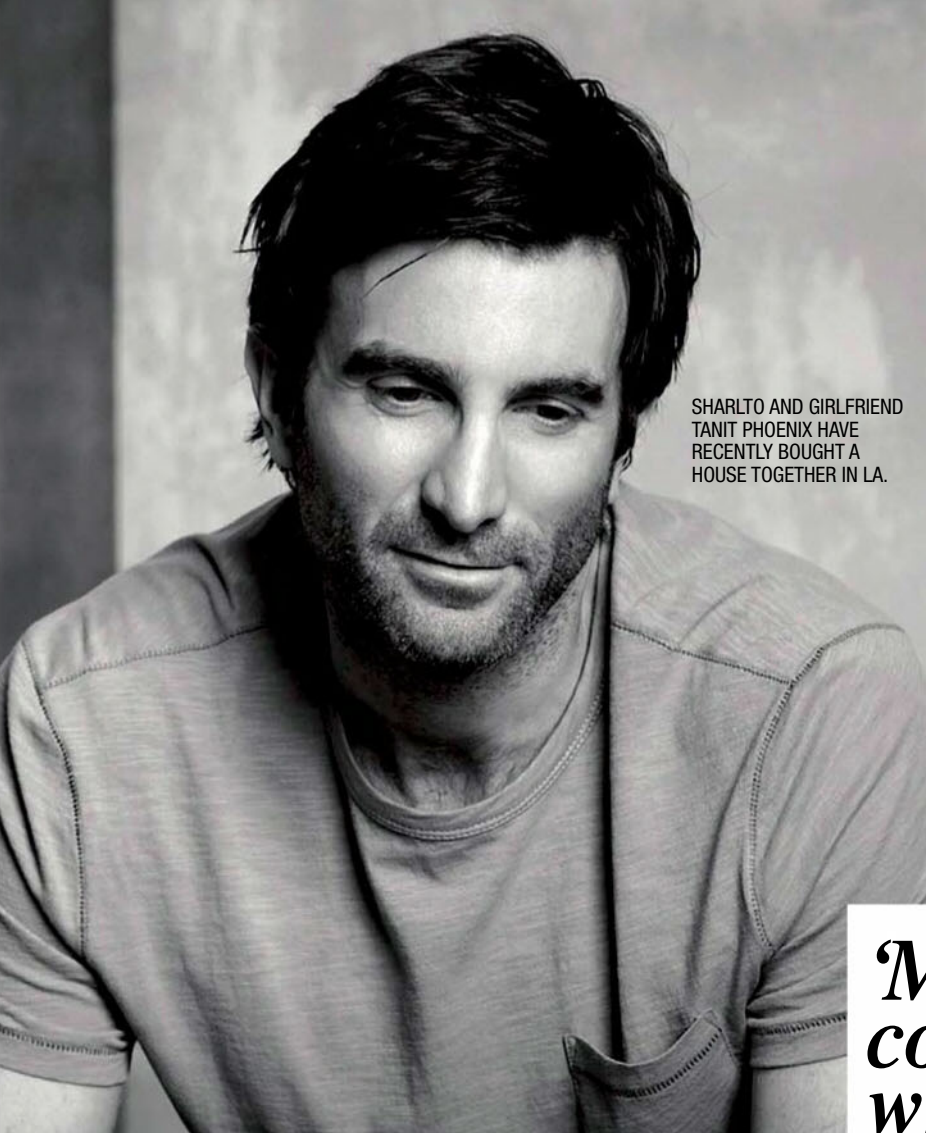
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SHARLTO AND GIRLFRIEND
TANIT PHOENIX HAVE
RECENTLY BOUGHT A
HOUSE TOGETHER IN LA.



*‘My favourite
compliment is
when people say,*

**“Bru, you made
me proud to be
South African.”**

Sharlto Copley (*District 9*, *Elysium* and *The A-Team*) is an experimental robot in Neill Blomkamp’s latest film, *Chappie*. He talked to us about living and working among the stars...

I had a very unusual and fortunate entrance into Hollywood with *District 9*. There’s always a handful of films the industry falls in love with every year and *District 9* was one of them. I suddenly found myself attending awards functions and meeting a ridiculous number of movie stars and directors.

The most surreal part was that it was usually them coming up to me

to congratulate me on my performance. I’d find myself talking to hugely famous film stars who asked me things like how we made the film or what my process was.

It’s very intense to have this high-level talent interested in you, but there’s an unspoken pressure – basically, are you the real deal? Is Wikus [Copley’s character in *District 9*] all you’ve got? Are you gonna stick

CHAPPIE: Where Hollywood meets SA

Chappie, the latest Neill Blomkamp film, hits SA cinema on 13 March. Alongside local talent like Sharlto and Yolandi Visser of *Die Antwoord*, the film features Hugh Jackman, Sigourney Weaver and Dev Patel. Despite being an American-made film, the entire story was shot in Johannesburg for its gritty, urban feel. Sharlto plays Chappie, an experimental robot designed to think and feel. He acted on location with the other actors, wearing a grey suit with tracking markers for post-production special effects. 'The CGI artists animated Chappie over my exact movements, frame by frame – down to each finger movement I made,' says Sharlto. 'The real challenge for me and the animators was that Chappie has almost

no "face". As an actor, your face and eyes are your strongest tools for connecting with the audience, so I had to focus on creating emotion with movement and voice. The animators then had the challenge of translating my facial expressions onto Chappie's very limited "face". I think they did an incredible job. It's a truly creative experience. It felt like together we "gave birth" to some kind of new being.'

THE REAL A-TEAM:

Sharlto Copley and Neill Blomkamp

Many people say their relationship is to sci-fi films what Scorsese and De Niro/*De Caprio's* is to gangster movies. The two, who both attended Redhill High School in Joburg, met when Sharlto (then 22) let Neill (then 16)

use computers at his production company for his 3D animation and design, while Neill helped Sharlto create 3D work for pitches on various projects. They've been collaborating ever since.

NEXT UP FOR SHARLTO?

'In *The Hollars* [co-starring John Krasinski, Anna Kendrick, Josh Groban and Charlie Day] I get to do something very different to my normal crazy characters,' says Sharlto. 'Then I star in *Hardcore*, which I also executive produced. It's a POV [from one character's point of view] action movie shot in Moscow over an epic 110-day shoot. It's inspired by first person shooter video games and is unlike anything you've ever seen. Then I shoot my first TV series, *Powers*, based on the comic book.'

The job is to search for the truth at the deepest level you can find. It can feel impossible to love people that are so different from you in their conditioned beliefs and behaviour but if you strip that stuff away you can find the place of connection.

One of the biggest differences between the South African film industry and Hollywood is that Hollywood is genuinely competitive. Insanely so. Executives and filmmakers constantly search for talented people and ideas, and evolve with the times. The politics here are less about monopolising the work; there's a far greater focus on originality.

Dev Patel [star of *Slumdog Millionaire*] and I become really good friends while shooting *Chappie*.

We both live in LA and hang out when we can. Hugh Jackman is the nicest movie star I've ever met and I loved doing scenes with him. We stayed in the same apartment building so I got to work out with 'Wolverine' at the gym a couple of times – not for sissies. Sigourney Weaver is super-smart and an acting legend. I'm so grateful she agreed to do the film.

I lead a complete gypsy life, constantly travelling. I do get homesick but I feel very fortunate that I'm getting to live and work in different countries around the world.

I'm so grateful that I keep getting to play South African characters in big Hollywood films. People come up to me for photographs or autographs in different countries saying they liked this or that movie and I always really appreciate that. But my all-time favourite compliment is when young South Africans come up to me and say something like, 'Bru, you made me proud to be South African.' It's not a compliment about me being special or talented or whatever; it's about them – how they feel about their identity as South Africans. I love this country. ♣

around and become part of this Hollywood A-list group or be a one-hit wonder?

At the highest level, Hollywood is a small industry with only seven major studios. Everybody knows everybody; if they haven't met you, they've heard about you. There's constant pressure to be at the top of your game. After I started working with big stars on *The A-Team*, it all began to feel very natural.

I was most starstruck when Steven J Cannell, producer of *The A-Team*, had lunch with me in my trailer. He created so many of the big TV shows that I grew up watching in the '80s. Because I've been a producer and director for many years, I got to ask him about how he'd built his media empire.

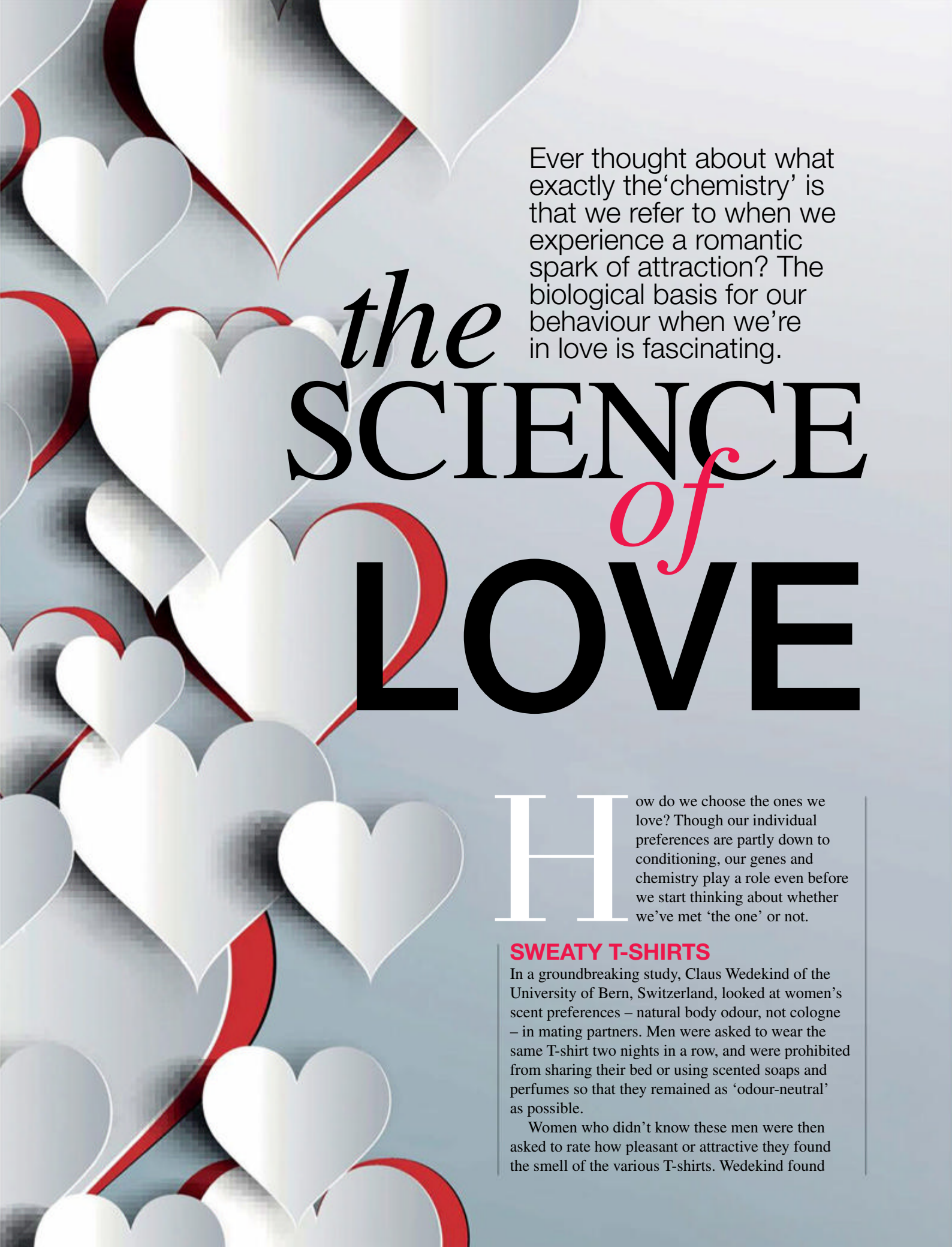
Many people say they go to the movies for escapism. I believe people go to the movies to have a

more intense emotional experience of life. To me, a great movie talks to your soul at the deepest level. It mirrors different aspects of what it feels like to be a human being.

I love the exploration into human nature and the human condition, into what it means to have a personality – what it means to feel: to love, to fight, to cry, to fail, to get up, to fear, and to be conflicted.

One day my brother [singer/songwriter for SA band, Hotwater] and I were talking about why Wikus worked. He said, 'You loved people with that movie, man. You loved people with that character.' It might sound strange, but it's entirely true. Some characters, like Wikus and Chappie, allow me to share my heart with the audience, to share the experience of being human.

If you want to be a good actor, you can't judge anybody too harshly.



Ever thought about what exactly the 'chemistry' is that we refer to when we experience a romantic spark of attraction? The biological basis for our behaviour when we're in love is fascinating.

the SCIENCE *of* LOVE

How do we choose the ones we love? Though our individual preferences are partly down to conditioning, our genes and chemistry play a role even before we start thinking about whether we've met 'the one' or not.

SWEATY T-SHIRTS

In a groundbreaking study, Claus Wedekind of the University of Bern, Switzerland, looked at women's scent preferences – natural body odour, not cologne – in mating partners. Men were asked to wear the same T-shirt two nights in a row, and were prohibited from sharing their bed or using scented soaps and perfumes so that they remained as 'odour-neutral' as possible.

Women who didn't know these men were then asked to rate how pleasant or attractive they found the smell of the various T-shirts. Wedekind found

that three genes, namely HLA (Human Leukocyte Antigen) genes A, B and DR played an important role in how women rated the T-shirts. Those women who weren't on the pill found the odour with the DNA sequence most different to theirs most attractive. Why? It's all about improving your gene pool and increasing your child's immunity by choosing a lover with a higher chance of survival. Without our knowing it, our sense of smell helps us to choose partners that are most likely to give our offspring a better immune system and stronger pool of varied genes.

Another interesting finding in this study was that this preference was reversed in women who took the pill: they preferred men with an odour signalling a similar DNA sequence to theirs. This way of choosing was similar to the way women choose company and support after pregnancy, where they prefer similar DNA sequenced people like relatives and parents for protection.

So – we can sniff out different genes! Ever wondered why we kiss? Scientists theorise that this is just a way to get a closer sniff of a suitor's immune system.

CHECKING EACH OTHER OUT – A PRIMAL ACT IN DISGUISE...

In the same way women subconsciously single out the man with the strongest immune system or most promising variation of genes, men do what Dr Midge Wilson dubbed the 'reproductive fitness assessment' when they 'check out' a woman. In one of his studies, Barnaby Dixon discovered that men prefer a waist to hip ratio of 7:10, rather than a closer one of, say, 9:10. This is thought to be because the waist and hips are

Ever wondered why we kiss? Scientists theorise that this is just a way to get a closer sniff of a suitor's immune system.

important areas for childbearing and hips that are wider in relation to the waist signal fertility. Other studies found that a higher-pitched voice, healthy hair and smiling are important features in men's attraction to women. Interestingly, research showed that women prefer men who keep a straighter face and smile less. Dixon also found that women prefer men with heavy stubble to those with a full beard or no beard at all. Men with beards were perceived to be more masculine and scored higher on perceived parenting ability, though.

YOUR BRAIN IN LOVE...

Helen Fisher, an anthropologist and leading scientist in the field of romantic love, has long researched the human drive for love and mate selection. She found that the brain centre that's active in people with obsessive-compulsive disorder is also activated when we fall in love. This explains why we can hardly think of anything other than our lover in the first flush of romance. That rush of intense desire and infatuation for someone, or the butterflies you feel in your stomach, are chemical reactions in your brain caused by hormones and neurotransmitters. Here are some of the big players in attraction, lust and attachment:

- **Dopamine:** This hormone and neurotransmitter produces feelings of euphoria, energy and sleeplessness and enables you to focus your attention on one lover. Fisher describes this as something like the high experienced from cocaine, biologically speaking. After sex, we also experience a spike in dopamine, which explains why we can end up falling in love with someone we're having casual sex with.

- **Serotonin:** During the early stages of love, lowered serotonin levels cause us to look past flaws that might usually be obvious and also allow the dopamine centres to become active, which explains that giddy 'in-love' feeling.

- **Oxytocin:** Also known as the 'cuddle' or 'bonding' hormone, this is released after orgasm, deepening attachment. This is why couples feel so close to each other after sex. The theory goes that the more sex a couple has, the deeper their bond becomes. Oxytocin is also an important hormone in the way mothers and their babies attach; it's what causes our breasts to release milk when we hear our baby cry.

- **Vasopressin:** This powerful little hormone plays an important role in long-term attachment and commitment and is also released in large amounts during sex. The effects of vasopressin were first discovered when scientists looked at prairie voles. They, like humans, have stable pair bonds, and when they were injected with a vasopressin suppressant, their pair bonds quickly deteriorated and they became promiscuous. Scientists have found that the effect in humans is similar.

THE REAL APHRODISIACS

- **Doing new things together**
When we share novel experiences

with our lover, the excitement drives our dopamine activity and that 'in-love' feeling is activated. If you feel you've lost the spark, Fisher recommends doing new things together.

• Humour

In a study in collaboration with Chemistry.com, Fisher found that both men and women regarded a good sense of humour as an essential element for a long-term relationship. But for women, wit trumps looks! This could be because clever humour showcases creativity and intelligence – qualities that mums desire for their young in order to help them survive. Which leads to the next point...

• Brainpower

Intelligence is, unsurprisingly, a major turn-on for both men and women. Anthropologists have found that 80% of singles found it very important that the partner they choose be equally or more intelligent than they are. Brainpower draws us in and turns us on because intelligence signifies creativity, problem solving, humour and coordination – all perks when it comes to parenting and long-term commitment.

• Fear

When we fall in love, there's also an increase in adrenaline, the fear hormone. So we're almost always in a state of fight or flight and that, in combination with dopamine, turns us on big time! In this state of high-alert we often perform better socially, professionally and intellectually, so we appear even more attractive.

SO WHAT MAKES LOVE LAST?

John and Julie Gottman and Robert Levenson set up a 'love lab' where, over the past four decades, they have studied couples to uncover what makes relationships work and last. They pinpointed two shared characteristics of long, happy marriages: kindness and generosity. No surprise there. But although these may seem insignificant and obvious at first


glance, when you look at them in greater detail, they make a lot more sense.

In their first study, they invited newlyweds into the lab, linked them up to electrodes and asked them to interact with each other while they observed their biological reactions. They grouped the couples in what they called 'disasters' and 'masters'. The masters were still together after six years, and the disasters had either broken up or were unhappy in the relationship.

When they analysed the data, they found that the masters were calm and showed signs of low physiological arousal during the interactions with their spouses. Despite looking calm during interviews, the disasters, on the other hand, were highly aroused physiologically. Their heart rates were high, and their sweat glands were active – they were in fight or flight mode even when they were talking about pleasant or mundane parts of their lives and relationships.

So does this mean the masters had a naturally better physiological blueprint than the disasters? No, it was the kindness and generosity that the masters had practised so that it became habit that created a safe, warm, affectionate environment even when they were fighting.

How did they express kindness and generosity? Kindness was seen in the attitudes of the masters towards each other. It's not that they weren't expressing anger; rather that even when they were furious, they expressed it in non-critical ways. Instead of saying 'You're late again; you're always late and it makes me so angry!' they'd say something along the lines of, 'I feel like you are repeatedly late for me and it makes me feel angry and like it's not important to you.' They also responded to requests for connection in a kind manner. Gottman calls the



The theory goes that the more sex a couple has, the deeper their bond becomes.

requests for connections that partners show each other during the day 'bids'. They are indirect pleas for support, attention and interest. For example, if a husband says, 'Look how great the waves are today!' he's not just talking about how awesome the waves are, he's actually asking for a response from his wife that shows support and interest. She can then respond kindly by sharing his excitement or by turning away and not really showing interest.

Generosity also comes into play here. When one of the partners makes a 'bid' the other might have no interest in the topic of the 'bid' whatsoever, or they might be busy with something else. If they respond generously, they share their partner's excitement despite not being interested in the subject. Or they might put their book or iPad down for a minute instead of turning the bid down by saying something like, 'I'm reading, stop interrupting me.' It comes down to the spirit you're nurturing in your relationship. Is it a spirit of hostility, criticism and contempt? Or of kindness and generosity?

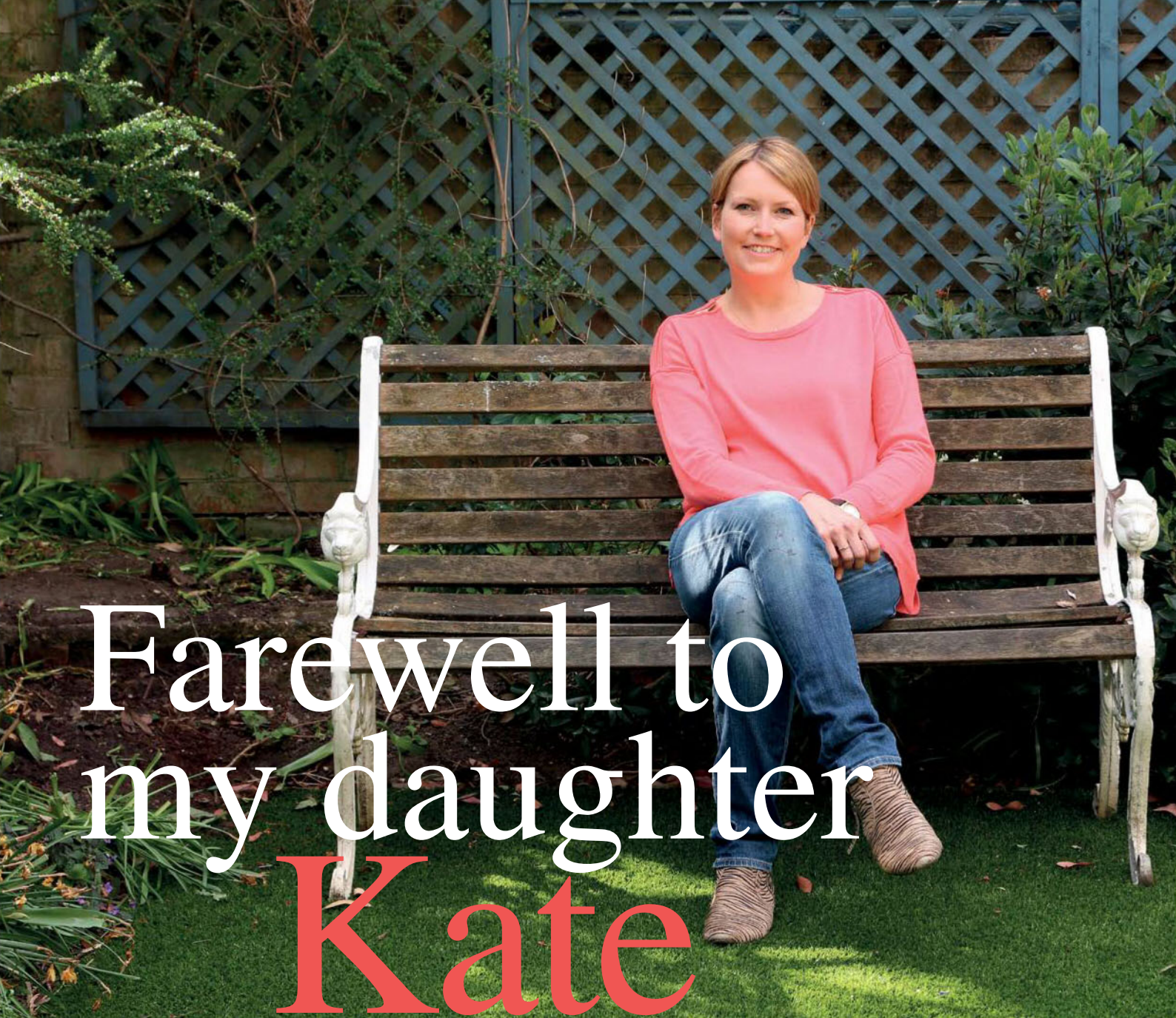
Which all goes to show – there's a lot more going on in your relationship than even you may realise. And being aware of these undercurrents means you are empowered to make changes for the better. ❀

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Ipsos, 2014



"I was first introduced to Bio-Oil after I cut my leg while hiking. A friend recommended using Bio-Oil as soon as the wound had healed and I am so grateful for her advice! Thanks to Bio-Oil, the scar is now just a faint line which I rarely think about. Then, 3 or 4 weeks back, I decided to try it on my face – I've been an outdoors person all my life and have more than my share of dry, tired-looking skin. Well, my skin feels much smoother and looks positively radiant! Needless to say, Bio-Oil now has a permanent place in my medicine cabinet!" Fiona Stewart



Farewell to my daughter Kate

Kate Gross died of cancer on Christmas morning. She was 36, and left behind a husband and five-year-old twin boys. Last month, FAIRLADY featured Kate's article about her experience of facing death. Here, her mother describes her loss – and Kate's legacy.

MY daughter Kate died at 6.29 am on Christmas Day – 10 minutes before her five-year-old twins, Oscar and Isaac, came out of their room and asked: 'Is it morning?' Barely enough time for her husband

Billy to hold Kate's hand and say goodbye before stocking-opening, which, of course, cannot be delayed.

She had a colon cancer that was already advanced when they found it two years ago.

I had filled and then emptied Kate's red velvet stocking – bought for her first Christmas, 36 years before – to redistribute her presents. But before going to bed on Christmas Eve, I worried about the stuffed stockings for Oscar, Isaac and Billy resting against the banisters while Kate's hung empty and limp, and went down to rewrap her presents and stuff her stocking again.

my advice
BY KATE CROUCH

What to say to a 36-year-old mother dying of cancer...

I have accepted the fact that I will not survive colon cancer. Here's how friends — whether close or not — can offer me support and, just as importantly, the loved ones I will leave behind.

IT

is in a most curious way. I will explain before my child's first birthday celebration in 2012. I was diagnosed with MS 14 years ago. I was 24. My symptoms were: tingling in my legs, loss of bladder control, loss of vision, loss of memory, loss of energy, loss of interest in life, loss of ability to think clearly, loss of ability to focus, loss of ability to learn, loss of ability to remember, loss of ability to understand, loss of ability to communicate, loss of ability to relate to others, loss of ability to feel, loss of ability to love, loss of ability to hope, loss of ability to dream, loss of ability to believe, loss of ability to trust, loss of ability to risk, loss of ability to act, loss of ability to live.

face of very expensive malice upon me. I'm writing, as if it is the only thing that can stop the attacks from collecting any insights.

Once upon a time, I was a lady who loathed in 1 spare five years working in Downing Street before was 70, serving two Prime Ministers I founded and ran a charity which rebuilt the vital organs of state in post conflict Africa: countries like Rwanda and Sierra Leone that were torn apart by war and are finally getting back on their feet. But now I'm not leaning in any more. I'm reclining on my sofa and writing to

I'll be shuffling off
this mortal coil long
before my allotted
threescore years and
10, and probably
before my twin sons
hit six or seven.

**shuffling off
ortal coil long
my allotted
ore years and
probably
my twin sons
y seven.**

spoken of that
this situation
my family
finds itself in.
Since I was
first diagnosed
we have been
around with
love and offers
of assistance. This translated with
the news that my cancer was
terminal, but not straightforward.
No, in the first weeks after our news,
there was silence from those outside
our nearest and dearest. I don't blame
them; if it was me, I would do the

spoken of that
this situation
my family
finds most in-
Since I was
first diagnosed,
we have been
frustrated with
low and offers
united with
or was
frustrated.
that our hopes,
those outside
I don't blame

On Christmas Day I asked if they

The last two weeks were hard. They don't tell you about dying in the colour supplements. John Diamond, Ruth Picardie, Philip Gould – Kate's cancer canon – they

The rest of the day was basically the blackest of black comedy. For the next few hours I moved, disorganised, between touching Kate's hand, watching the stockings being unwrapped, phoning the GP, asking Kate's sister Jo to make the boys their promised waffles, phoning undertakers, letting the out-of-hours

stop writing when they can't focus anymore. So, the unbroadcast pain, the indignities and the long hours of waiting are forgotten, like childbirth.

Indignities first. Actually, the fact that Kate's bodily functions ended up outsourced to a number of external bags was convenient when she was mostly in bed, towards the end. But earlier, when she was less ill, it seemed unkind that when other lovely mummies were wondering which designer/investment/statement bag to take out with them, Kate's choices were the large or small catheter bag, and which particular type of stoma bag (known to Kate's circle as the AbdoBum™). 'Mummy can poo into a bag,' noted Oscar and Isaac with interest.

Then, there was pain. These days there shouldn't be much pain, they said. She'll just get sleepier and sleepier. Not totally true. Palliative care is wonderful but always seemed a step behind the infinitely clever disease, reacting to each escalation of pain with higher doses or different medication – but only after some hours of sickness and discomfort, and only after summoning help via the tortuous mechanisms of out-of-hours GP services.

I went out one day to take the boys on a playdate, shopping distractedly, and found myself weeping in the car at 'Somewhere Over the Rainbow' on the radio. 'Birds fly over the rainbow, why oh why can't I?' Why can't she, I thought. And I came back home to the ruins of my daughter.

She had bursts of energy, deciding to come downstairs and sit in her chair for a while, drifting in and out, mostly making sense but with slurred, soft speech. It was lovely, but somehow seeing this almost-Kate made things harder.

Then she became very confused. 'Katie doesn't know what day it is ... she doesn't know who Jesus was or what praying is ...' I sang to myself, almost as crazy as she was.

Christmas won't be spoiled for us

for ever. A wise friend of Kate's, who lost his own wife years ago, told us that because he remembered and thought about her every day the 'big' days (anniversaries and Christmas) held no fears. I think he is right.

Kate once said, in relation to a mother's love for her children, that 'worry is love's currency'. Well, for the first time in two years I don't wake up worrying how she is. And two years of advance grieving has helped prepare us for today.

It has helped to have the love of family and friends, and the kindness of strangers, the thousands of messages we have received. Newspaper obituaries (I hadn't realised until now quite how much it helps to have the life of someone you love rounded off in this way).

It helps that we can feel so proud of Kate's work. She had always been high achieving. In her 20s she worked closely with two prime ministers; at 30 she was CEO of a charity that supported fragile democracies in Africa, hanging out with heads of state and wealthy American philanthropists. There are lots of babies who wouldn't be alive now without Kate's work, lots of children being educated, lots of parents able to find work and feed their families.

More than anything, it helps that we have Kate's book, *Late Fragments*, written so that her sons may one day discover who she was and

what she held dear. If anything good is to come from losing Kate, it will be that book and the effect it has on all who read it. Kate had, as her friend Katy Brand, the actress, said to her, the ability 'to choose just the right word – to roll all the words around your head like ball bearings, until the perfect one drops into the hole'. But if not for the cancer, she probably wouldn't have become a writer – like most high-flying working parents, she wouldn't have had time.

The last two years taught us the importance of time, of stepping off the treadmill. As Kate writes in her book: 'Everything has changed and yet nothing has changed. In other words, the petty frustrations and stupid ambitions and general rushing around have melted away, but the good stuff remains. And it's better than ever.'

Because of the Nuisance, we became a much closer family. We bridged the distances that grow between parents and their adult children and came to know and admire Kate and Jo, much more than we would have otherwise. We became part of Oscar and Isaac's daily lives instead of occasional visitors. And we were – and still are – overwhelmed at the way Kate's friends and our own have responded to her illness.

I've learned that there is more love in the world than I ever knew and that

perhaps all we need to do is learn to ask for what we need. ♣

• *Kate finished writing her book, Late Fragments: Everything I Want to Tell You (About This Magnificent Life), in September and received finished copies a few weeks before her death. She leaves behind her devoted husband, Billy Boyle, and five-year-old sons, Isaac and Oscar.*



giveaway

Three lucky readers will receive a copy of the book *Late Fragments* by Kate Gross (HarperCollins).

SMS your full name, physical or postal address and email address to 33136. SMSes cost R1,50. Free SMSes don't apply.

CLOSING DATE: 31 March 2015. For competition rules, turn to page 145.



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AVON you make it
BEAUTIFUL

between Darrel & THE DEEP BLUE SEA

Darrel Bristow-Bovey was one of SA's most famous and best-loved columnists – until, overnight, he wasn't.

Now he's back: a bit battered, slightly less acerbic, a lot more honest and funnier than ever.

Darrel was my first writing crush back in the '90s. His early newspaper and magazine columns (in, among others, the *Sunday Times*, *Business Day* and *Cape Times*) were often funny, sometimes biting, but always elegantly written.

By the early 2000s Darrel was a successful columnist and author of two books – *I Moved Your Cheese*, a spoof on self-help books, and *The Naked Bachelor*, a humorous

guide to living as a modern man that satirised Jamie Oliver (the *Naked Chef*). His first book was translated into several languages and sold well around the world; his second proved his (temporary) undoing. Accused of plagiarising passages from a Bill Bryson novel, Bristow-Bovey admitted to 'thoughtlessly importing' jokes without attribution and was fired from all his columns.

For almost 10 years Darrel disappeared from the public eye, earning his living writing scripts for television and film. Two years ago he wrote his first column for *The Times* ('In his own write') and I was as happy as



when Spar started selling Starbars again. As were many others.

Darrel's writing after the break displays refreshing honesty – although he questions if any writing is truly honest – and a greater self-awareness. In his tribute to the retired Barry Ronge – regarded by many as one of his finest columns – he explains that although Barry never liked him [Darrel poked fun at him in early columns], he was the only columnist who didn't write about the plagiarism scandal. Darrel loved Ronge's writing ('His sentences were well-upholstered but not ornate; they used the right words well, in sequences occasionally gymnastic but never contortionist') and felt the veteran columnist deserved a proper send-off.

Of today's columnists, he says: 'Most feel they have to pontificate about whatever is in the news and very few of them are actually qualified to do so. It feels as if there isn't space to talk about other stuff – just to be funny or write about movies (as Barry Ronge used to do) or culture or personal stuff. I was writing a column when the Charlie Hebdo murders happened and I felt this pressure to write about that instead. Obviously it needs to be written



to see if he still could. And, what started out as a humorous look at middle-aged men facing what Darrel terms the 'menopause' turned into an introspective journey. In the process of writing, Darrel realised that his previous books no longer represented him – if they ever had. *'I Moved Your Cheese'* represents a 30-year-old guy making jokes as they occur to him. In those days, the important thing was to try to say something funny or think up an angle. Over the last few years I've tried to think about

swim the annual Dardanelles crossing. He then goes back to explain what led him to deal with his midlife crisis by following in the footsteps of the 'shrimpy' Romantic poet Lord Byron.

What made someone who hates swimming and chlorine and is scared of deep water set his sights on crossing the Turkish strait? 'I wanted to do something that was possible, but that was bigger than me and would require me to show some discipline and application. It's only when you do stuff that you don't usually do, that is quite hard, that you learn something about yourself. And I think that midlife crisis quests are not about what you do or where you go – all that is irrelevant. It is

about forcing your hand to do something that you have never done before. And in my case it was something that I couldn't do when I was 30. So you feel a little bit better.'

Midlife crises affect us all differently. 'I think some people find having kids [Darrel doesn't have children] keeps them so busy that they don't really think about it,' he says. 'Children mark your time differently because you can see these changes in another human being. For me, the thirties just seemed to go by and I don't know what happened to them. But it is about thinking, "It's so late, much later than I thought, and I have gotten here so quickly that what comes next will go even quicker, then I'm dead."'

While it's tempting to call the book a memoir, Darrel shies away from this ('Who am I to write a memoir?'). The book actually defies categorisation. It has elements of travel, adventure, quest, humour and – although Darrel is adamant it is about *not* being a hero – inspiration. But the thread running through it is a love story, and the book is dedicated to Darrel's wife, Keren Kilcoyne. 'I

'Adversity is the first path to truth.' – LORD BYRON

about – it's important – but does it need *me* to write about it? I don't see why anybody would care about my opinion. I'm not a civil rights lawyer or a freedom of speech advocate.'

At 42, Darrel found himself experiencing what he considers a midlife crisis. He worried about whether he would have time to do the things he longed to do. He started writing a book about his experiences, partly

whether I believe what I say, and not to churn out opinions I haven't thought through. I set out to write a book of humour and then discovered I don't really care any more about writing a string of jokes. There's almost nothing I wrote in my earlier career that I stand by or even care about.'

The book starts on 31 August 2014 with Darrel in a speedo, poised to

didn't really intend it... But writing the book is exactly the trajectory that led me to proposing. I struggled with what to call her. It bothered me that I called her my partner. I've never done this before [writing about a real-life partner] and at the end, when I call her by name, that is my discovery. When I realised that I care less about me than about this new investment in the relationship, it was quite a shock, a jolt. And it is quite humbling.'

Darrel readily admits to having won the relationship jackpot. When I comment that he's lucky to have found someone who can live with his neuroses, he's quick to retort, 'I'm not that neurotic! But yes, you are exactly right. She is incredible; she doesn't have all that. She likes what she does and knows what's important in life and that is extraordinary. She kind of humours me, but at the same time never really lies. She'll say, "Give up your job," and I'll say, "No, I can't. I need the money." She won't tell me that it'll all be fine. She'll say, "Yes, you may be a total failure but we can sort that out later."'

For Darrel, the process of writing was as much a part of the quest as the swimming. 'I didn't think I could write again. I stopped halfway and didn't think I could finish it. I ran away to Asia and emailed my publishers to tell them I couldn't finish it. As I logged on, I received a picture of the cover by Gretchen van der Byl – and I really liked it. I thought, "Oh wow, I'd like to have a book with this cover." So, by the time I went to Turkey, I felt that I had done my thing; I had proven I could write. The two processes were perfectly parallel – writing and swimming – and I went through similar emotional stages with both. Once you've swum a mile, you know you can do it, but if you've never swum a mile, you don't know whether you can do it.'

Darrel found writing a deeply

personal book – it's filled with both embarrassing and emotional revelations – surprisingly easy. 'I found it quite difficult to realise that I could write this kind of book. Actually writing it was bloody easy, because it is right there, but you spend so much of your life, especially when you are young, creating a persona. So it never occurred to me that telling the truth about difficult things was a source of material. It is only very recently that I discovered that the easiest way to tell the truth is to tell the truth. You think about these things all the time but you don't think about them as writing material. And you don't talk about them in your everyday life.'

Unlike classic memoirs, this book wasn't written as a reflection on the author's life; it is through writing this book that Darrel learned how to fully live his life. 'Of late I've begun to feel more like a real person, like you can see me. Physically, I mean. I feel like I am a late bloomer as a human being; I have only just become a grown up. Now, if I walk into a place with a bunch of adults, I'm one of them, as opposed to not wanting to disturb them. I used to think that the moment I left a room, people would forget I had been in there. It would always surprise me if someone remembered me. It's like I always saw myself as not being really present; I would say things to be present and people might remember those things, the performance, but not the substance behind them. So it has only really become clear to me now that all my anxiety about my work, about whether I could write or not was really about being a human being.'

One of the markers of a midlife crisis is the fear that time will run out too soon. In Darrel's case: 'My greatest fear is that I'll go before I have a chance to do anything I'm genuinely proud of, workwise.'

No worries there, then.

Book extract:

One Midlife Crisis and a Speedo

(Zebra Press)

For Whom the Back Tolls

Becoming middle-aged is the process of realising you're going to die one day.

No man under the age of 36 really believes he'll ever die. I don't know if this is so with women, but on the whole women's approach to life is based more on observation than wishful thinking, so I doubt mortality comes as quite the same surprise to them.

Young men are aware of the odds against making it out alive, but they don't feel them. Everyone dies, you say? I think you mean everyone dies so far.

I'm not saying we all imagine we're giant redwoods or Riaan Cruywagen: most of us know we can die. We understand what will happen if a piano falls on us or we fly once too often on Air Malaysia, but those are bad luck and mishaps. When we're young, we think it will take an event to kill us.

But no matter how lucky or special we feel or how positive we think or how much quinoa we eat, the software has an end-code.

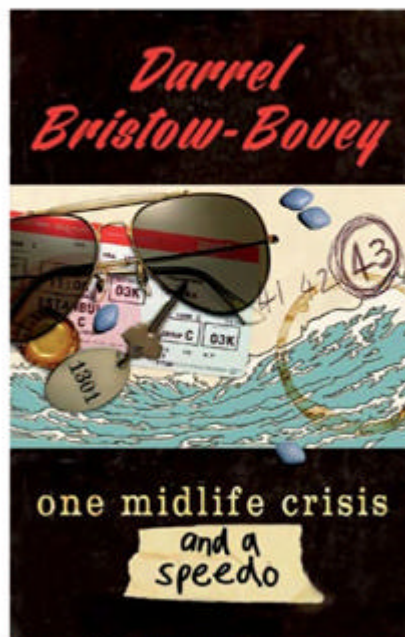
For some while, like a Victorian gentlewoman in the colonies, I had been genteelly ignoring or politely explaining away the unpleasant facts

of life: the glint of silver in my beard ('My grandfather was blond'); a certain thickening around the middle ('Pizza'); the hint of a jowl in an unposed photograph ('I was looking at something on the floor'); the fact that my evening walk seems to grow longer each day, even though it's still the same route ('I need new shoes'; 'These shoes are too new'). Come to think of it, the fact that I even take an evening walk at all.

Like a child, I needed an event to make me realise something's happening. It was when I threw my back out.

I've thrown my back out before, but not like this. I'll spare you the technical details and biomechanical breakdowns – you can find them in Appendix A at the back of this book, if you're interested – but let's just say that I begin this anecdote in a seated position, and then I stand up, and in the process of transitioning from position A (seated) to position B (standing), I give a sudden startled whimper.

It wasn't a noise I'd made before and I didn't like the sound of it, but



giveaway

Three lucky readers will each receive a copy of *One Midlife Crisis and a Speedo* (Zebra Press).

SMS your full name, physical or postal address and email address to 33136. SMSes cost R1,50. Free SMSes don't apply. CLOSING DATE: 31 March 2015. For competition rules, turn to page 145.

'It wasn't a noise I'd made before and I didn't like the sound of it, but then this was a pain I hadn't felt before.'

then this was a pain I hadn't felt before. It wasn't even low down, where decent pains reside – it was high and to the right. If my back was Africa, it would be Eritrea. Sub-Saharan pains I can understand – I've grown up with them, I know how to talk to them, there are diplomatic channels you can use – but who the hell knows what goes on up there above the Horn?

I gave another whimper.

'What's it now?' said my partner from the other room, as though I'm in the habit of making high-pitched noises for my own entertainment.

'Aaarggh!' I said in a strangled voice. And then, because sometimes people crave more detail: 'My back!'

There was a pause.

'Is it sore?' she asked, with the deep concern of someone trying to finish a paragraph in her book.

'Only when I breathe.'

That's the worst of it: I injured myself by breathing. I'm turning into gingerbread.

I mentally hobbled back through the events of the morning. What had I been doing? Something strenuous and heroic? Rescuing a cow from a tree? Did a car slip from its jack and

was it about to crush a tow-haired child when I leapt forward to hold it up in a feat of strength I hardly knew I had? No. It happened when I stood and twisted to pick up that cup of tea. No, wait, that sounds pathetic, don't forget the important part: I twisted to pick up a cup of tea while breathing.

At least it was a full cup, but surely the day must come when I'll be injuring myself picking up empty pieces of crockery. This will go on, the machine will run down, I'll become ever more vulnerable to items of light tableware. Doilies will defeat me, antimacassars will rick my neck. (God, do antimacassars even exist any more? How old am I?) The only way to make this stop will be to stop breathing.

'Do you want to see a doctor?' asked my partner.

That's precisely what I didn't want to do. Once you start going to the doctor, you never stop.

The middle-aged go for check-ups all the time because when you're middle-aged your health is a matter of suspicion. If all seems well, you're even more worried, as though your body is a house that's fallen silent even though there are small children in it somewhere. Even if there's no bad news, the good news is qualified: 'You're in good shape for your age'; 'You're doing well, all things considered'; 'Well, I've examined you, and you aren't going to die.' Yet.

I don't need a doctor. A doctor will just say here's some painkillers and don't feel bad because everyone gets old and dies. I'll go to the chemist and get my own painkillers and try to pretend a while longer that not everyone gets old and dies. Not everyone.

Ordinarily I'd walk to the pharmacy but I was locked in a position that looked like a sniper was continually shooting me in the back from a tall building, so I took the car.

I live one block from Main Road, but my road is linked by a one-way

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that goes the wrong way. To get to Main I have to turn right – completely the wrong direction! – and then drive around the block. The entire block! It's the reason I never drive. That one-block diversion stands for all the petty, pointless obstacles and uphill the universe drops daily in my way. Normally I'd have to just swallow the indignity, but my back was sore and I was experiencing the entitlement of suffering. Besides, I'm a man who swims with man-eating sharks in the open ocean. The rules of the road are for schoolboys and old men.

I nosed to the end of my street and peered out cautiously. All clear. I edged out and accelerated the wrong way down the one-way to Main Road. Yes! Freedom! You can't fence this wild colt! And my back's not even sore any more! It's not medicine I need, it's the open road and the rolling range and sweet, sweet liberty!

On the other side of Main a traffic policeman stood beside his motorcycle, watching me with hands on hips.

He looked at me as though I'd once invited his wife to a cheap motel and he's been waiting patiently all these long years for this moment.

What should I do? Has he seen me? Of course he's seen me. Should I just drive away and hope he's standing beside his bike because it's run out of petrol?

He crooked a finger at me.

Should I slip into reverse and back away and hope he'll think I was a trick of the light? Is the coast clear behind me? What should I do?

What I should have done was step on the brake to stop my car rolling into the oncoming traffic, but as I looked wildly from side to side and back over my shoulder I forgot not to breathe while I twisted and the pain returned and shot from Eritrea all the way across to Mali and Mauritania and the other terrible places above the Bight of Benin and I gave another

'I nosed to the end of my street and peered out cautiously. All clear. I edged out and accelerated the wrong way down the one-way to Main Road. Yes! Freedom! You can't fence this wild colt!'

strangled yodel and stamped blindly for the brake. It wasn't the brake, and the car went forward into the traffic and there was hooting and swerving and someone avoided driving into me by driving into a lamppost instead.

As with avoiding shark bites, there's also a small industry of literature dedicated to not antagonising traffic cops. As the policeman walked towards me I tried to remember whether you should get out of the car to meet him, thus showing respect, or stay seated, thus showing subservience. It probably didn't matter at this point. Anyway, I couldn't move.

He asked for my driver's licence and I realised I'd left it at home. He looked at my car's licence and pointed out that it had expired the month before.

'This is not a good day for you,' he said.

'I know,' I said pitifully. 'My back.' He looked at me the way young, strong people look at old people who complain about their backs.

'You know what?' he said.

'What?' I said, through clenched teeth.

'At your age you need to be more responsible.'

The tips you would find in those books about not antagonising traffic policemen probably include not getting angry. Restrict your interaction to light humour and verbal byplay, they would probably counsel.

'What do you mean, my age?'

I said, my voice lifting. 'I'm not that old! I'm just – aarggh! My back!'

'Calm down, sir,' he said, in a tone that implied next up is a pistol-whipping.

'Don't tell me to calm down! Just give me the ticket! Aaarggh!' 'You

should go see a doctor,' he said.

'No, I'm fine,' I sobbed.

'You're being very stupid. You're trying to deny something that cannot be denied. Age happens, and the more we know about it, the better prepared we are to endure it with dignity. This is just a different life stage. Yes, perhaps it signifies the end of some things, but it can also be the start of something different, something better or at least not necessarily worse. Trying to pretend you're not older won't keep you younger, it will make you ridiculous, and it will cause you to make some terrible mistakes.'

He didn't say any of that. He just wrote me several tickets and told me I was lucky because he could have taken me down to the station, and pointed out I'd be responsible for the other guy's bodywork.

'I can't even make my own body work,' I tried gamely, but the time for light humour and verbal byplay had passed.

I went home and when my partner heard a strange scratching sound at the front door she opened it to find me folded like a newspaper on the mat.

I looked up at her and said, 'I'm getting old.' And she looked down at me kindly. 'Honey,' she said. 'It'll be all right.'

'No, it won't,' I said. 'I'm going to die.'

'So am I,' she said.

'That doesn't make me feel better.'

But she took me by the foot and dragged me inside, which was a bit painful coming over the doorframe, and she closed the door and lay down on the carpet beside me and held me until I did feel better again. ♣

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Should you be allowed to choose the sex of your baby? Or do we sabotage women by making it okay to interfere with nature?

the WAR ON girls



I have always wanted a daughter,' says Susan*, a mom of two. 'My mother and I were very close growing up and I dreamed of having a relationship like that with my own daughter. When my son Ryan* was born, I remember thinking, "That's good – a girl needs an older brother." I was so sure that number two was going to be a girl. I followed the so-called 'girl diet' and tracked my ovulation – all the usual advice. I even went out and bought a few frilly baby things on the sly. But then, the scan showed another boy. I was devastated. I cried for weeks, ashamed of how I was feeling. I love my boys and I'm grateful that they are healthy and happy. But when I see friends with their girls I can't

help feeling a twinge of jealousy. We can't really afford a third child, but if I knew for sure my next baby would be a girl, I would have another.'

Susan is not alone in wanting a child of a particular gender. 'Quite a few patients ask about "family balancing", but we explain that, according to South Africa's National Health Act, it is illegal for social reasons,' says Dr Paul le Roux, director at the Cape Fertility Clinic. 'Laws around the world vary on this topic. It seems politicians make the decisions on this, rather than the medical profession.'

Medically speaking, you can select your baby's gender. The first method, which is 100% effective, is pre-implantation genetic diagnosis

(PGD), a process designed in the early 1990s for a different purpose – to test embryos for chromosomal abnormalities. 'Embryos are created in an IVF laboratory by combining sperm and eggs,' explains Dr le Roux. 'Once the fertilised eggs (embryos) reach day five of their development, a small hole is made in the embryo with a laser and a few cells are extracted and sent to a genetics laboratory for testing to see whether they contain the X or Y chromosomes. A girl is XX and a boy is XY. The results are obtained within 24 hours and the embryos of the "correct" sex are transferred into the patient's uterus.'

This was legal in South Africa until recently. 'It wasn't common but there were some

'Raising a daughter is like watering your neighbour's garden.'
— HINDU SAYING



Y-sperm counterparts: the sperm is placed in a test tube with a protein solution and the faster (male) swimmers are separated from the slower (female) ones. Flow cytometry, on the other hand, is a sperm separation method based on the difference in the amount of genetic material in the sperm – sperm carrying an X chromosome have approximately 2,8% more DNA than sperm carrying a Y chromosome. In this case, the sample is stained with a special fluorescent material which attaches to the DNA. The X sperm shine more brightly than their Y counterparts.

With both these methods, patients end up with a so-called ‘enriched’ sperm sample which is then artificially inseminated. In theory, most of the sperm would be of one particular type, thus tipping the odds in favour of the desired sex.

UNNATURAL SELECTION

For some, the issue doesn’t seem that controversial. The IVF technology is available, and you already have a child or two of the opposite sex. Why shouldn’t you be allowed to fulfil your dreams of having children of both sexes?

For others, it raises serious issues. The United Nations and the World Health Organization have both stated that they oppose sex selection for non-medical reasons, with the WHO stating that it ‘raises serious moral, legal, and social issues’, including ‘the distortion of the natural sex

ratio, leading to a gender imbalance’ and it can ‘reinforce discriminatory and sexist stereotypes towards women by devaluing females’.

The American Society for Reproductive Medicine also voiced their concerns: that otherwise healthy women are undergoing unnecessary medical procedures, and that fertility doctors may focus on this more lucrative speciality instead of treating infertility. The group also fears these children will be pressured to live up to the stereotypes of the sex that was selected and paid for by their parents, causing possible psychological harm. ‘It’s high-tech eugenics,’ says Marcy Darnovsky, director of the Center for Genetics and Society. ‘If you go to the trouble and expense to select a child of a certain sex, you’re encouraging gender stereotypes. What if you get a girl who wants to play basketball? You can’t send her back.’

There are also concerns about couples making a choice on the right to life based on gender. Sex-selective abortions are widely practised in South Asian countries such as India, Pakistan and Taiwan, where having a son gives you a major economic advantage, but some statistics suggest that sex-selective abortion is far more widespread. In 2011, around one-tenth of the 190 000 abortions performed in England and Wales took place at 13 weeks – typically the stage when parents find out the gender of the child.

In the US, where gender selection is legal, the industry rakes in at least \$100 million every year. Stats are hard to come by, but a 2006 survey by Johns Hopkins University found that 42% of fertility clinics offered PGD for gender selection. More recently, it was estimated that 4000–6000 procedures are performed each year at an average cost of about \$18 000. The Fertility Institutes in

patients who wanted to do so-called “family balancing” after they already had children of one sex,’ says Dr le Roux. ‘The procedure was never used to determine the sex of the first-born child, only sibling children.’

But, as of 2012, South African law states that ‘pre-implantation and prenatal testing for selecting the sex of a child is prohibited except in the case of serious sex-linked or sex-limited genetic conditions’. ‘The sex of the baby can only be legally predetermined using PGD if it will decrease the chance of a hereditary disease which is linked to the sex of the baby,’ says Dr le Roux.

The other medical procedure used to determine gender is much less effective. Using either the Ericsson method or a process called flow cytometry, sperm is sorted according to their chromosomes. The Ericsson method relies on the theory that X-sperm swim slower than their

Is the tide turning?

the US (the world leaders in PGD) report that their patients are typically around 30 years old, middle to upper class, educated and married with a few children. According to founder Jeffrey Steinberg, their business has quadrupled since he started advertising the procedure.

A Hong Kong agent selling gender selection packages in Bangkok estimates that 10 000 gender selection cycles were carried out last year (the process is legal in Thailand), while Dr Robert Woolcott, director of the third-largest IVF company in Australia, said that they routinely recommend their sister clinic in Bangkok to couples.

THE BOY BIAS

There is no proven natural way to influence the gender of an embryo at its conception, but that doesn't stop millions of parents-to-be from asking Google for advice. Going by the searches, it seems that most people are in the market for blue booties. Google searches by English-speakers in these countries reveal a definite bias towards boys: In Pakistan, there were 590% more searches for 'How to have a boy' than 'How to have a girl'. In India it's 255%, in the United Arab Emirates: 253%, South Africa: 77%, Singapore: 70%, Hong Kong: 50%, United States: 10% and Canada: 5%. The only countries that showed a slight bias towards girls were Australia at 12%, New Zealand at 19% and Britain at 22%.

This boy bias is of course the main reason that gender selection is banned in so many countries. When it comes to an overt preference for boys, China springs to mind. Back in 1979, the Communist party resorted to extreme measures to curb population growth, ruling that couples were only allowed to have one child each. The one-child policy was a good idea in theory: China had a birth rate of six children per family, leading to food shortages. But what they didn't

While most statistics show an overt preference for boys, there is some statistical evidence that parents in the US are starting to realise the value of girls:

ADOPTION:

Adoptive parents request girls more than boys, even in areas where there are more boys up for adoption.

ABORTION:

Stats show that the birth ratio of girls has increased slightly since abortion was legalised.

SEX SELECTION:

The majority of Americans using PGD to determine the gender of their child are hoping to conceive a girl.

expect is that it would result in widespread gendercide.

Boys are valued more highly than girls in Chinese culture: they carry on the family line, and are legally required to care for their parents in their old age, whereas a daughter requires a dowry and is only obliged to help provide for her husband's parents. Sons are also preferred for labour efficiency. The take-home message? Sons will help you survive; daughters are a burden.

In societies where families used to have four to six children, the preference for a son didn't affect the daughters – if they didn't have a boy right away, it didn't matter: one would come along eventually. But these days, couples typically only want two children (or, as in China, are only allowed one) and as a result, daughters are sacrificed in pursuit of a son. The sex ratio figures are alarmingly skewed in favour of boys, especially for the second child: parents may accept a girl the first time round but will do anything to ensure that their next (and probably last) child is a boy.

In one chilling scene in the

award-winning documentary, *It's a Girl*, an Indian woman smilingly describes how she would 'just strangle [a baby girl] as soon as it was born'. And, according to statistics from the Chinese Health ministry, doctors have performed 336 million abortions and 196 million sterilisations since the one-child policy was instated – some of which were forced. As a result, more baby girls are killed by sex-selective abortion and infanticide every year in India and China than are born in the United States. In 2013, the UN estimated that 200 million girls have gone 'missing' worldwide.

BARE BRANCHES

When Mother Nature is in charge, the sex ratio of any given country is around 103–107 boys born for every 100 girls. (Male babies are more vulnerable to disease and women tend to live longer, so it levels out.) But according to a study published in the *British Medical Journal* in 2009, the boy-girl ratio in China has been skewed to such an extent that there are 126 boys born for every 100 girls in rural areas. Six provinces had sex ratios higher than 130 for first births; for second births the ratio was higher than 160 in nine provinces. In some places, the boy-girl ratio is above 200 for a third child.

As a result, China now faces a whole host of new problems: a surge in trafficking of and violence against women, and a generation of 'bare branches': involuntary bachelors who can't grow their family trees. 'There are 37 million more men than women living in China today,' says Reggie Littlejohn, a litigation lawyer and founder of Women's Rights Without Frontiers. 'This gender imbalance drives human trafficking and sexual slavery. And China has the highest female suicide rate of any country in the world. This is the true war against women.' ♣

* Names have been changed.

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improvise *your way* TO THE TOP

Feel like an impostor at work? Of course you do – everyone does, at some point. But here's how improv can give you the tools you need to shake off the insecurity and get ahead.

We'd all probably agree that Academy Award-winning actress Kate Winslet is good at what she does. Yet she's said, 'I'd wake up in the morning before going off to a shoot, and think, I can't do this; I'm a fraud.' Seems illogical, right? Preposterous, even. Yet many capable, talented and powerful people voice similar feelings.

The term 'Impostor Syndrome' was coined in 1978 when Pauline Clance and Suzanne Imes observed that many high-achieving women

doubted their abilities, intelligence or qualifications, and feared that their inadequacies would be uncovered. Pulitzer prize-winning poet and author Maya Angelou once said, 'I have written 11 books, but each time I think, "Uh oh, they're going to find out now. I've run a game on everybody, and they're going to find me out."' Actor Don Cheadle told the *Los Angeles Times* that he can barely stand watching himself in movies: 'All I can see is everything I'm doing wrong,' he says.

But while both women and men can feel like impostors at work or in other areas of life, women often also

feel inferior to their male counterparts. This is a consequence of decades of patriarchy, which, according to Tara Mohr, author of *Playing Big*, has shaped the way we think of ourselves and what we see as possible for our lives and work. She refers to our lingering self-doubt as the internal legacy of inequality that we seem unable to shake. Says master coach and author Margie Warrell in her *Forbes* article 'Afraid of Being "Found Out"', 'Those who often fear being "found out" have a tendency to attribute their success to external factors – like luck or a helping hand. Unsurprisingly, women tend to do this more often than men, who are more likely to attribute their successes to internal factors, such as grit, talent, brains and sheer hard work.'

Mohr feels that women are far less likely to take personal credit because of our schooling: women who were brought up in traditional schooling environments have been conditioned to be hard-working, diligent, rule-abiding and humble – even self-deprecating. She refers to 'good-student' habits we've learned: 'respect for, and obedience to, authority, careful rule-following, people-pleasing and succeeding in an externally imposed framework.'

Sound familiar? Mohr explains that these skills prepare us well for midlevel positions, but not to be senior leaders, change makers and innovators. And the schooling environment conditions women more than men – studies show that even from a young age, girls spend more time on schoolwork than boys do.

UNLEARN AND UNDERPREPARE!

We have some unlearning to do, says Mohr. One of the key lessons is to leave behind preparation in favour of

increased adeptness at improvisation. Mohr says there's a sharp contrast between school, where preparation is the key to success, and our careers, where the reality is quite the opposite: 'We are constantly called on to improvise, particularly as we move into more and more senior levels. We are asked difficult, unexpected questions we don't have the answers to, and we have to respond on our feet.'

Women tend to delay, thinking we need more knowledge before acting, or another degree before reaching for our dream job. When we feel ill-equipped to deal with a task, we resort to comprehensive planning and research. 'Yet playing big often requires the opposite: accessing what we already know, trusting its value

and bringing it forth.'

Top US business schools started teaching improv [a theatre form in which perfor-

mance is largely unprepared] in 2012 because professors believe these techniques help students in areas of collaboration, creativity and risk-taking. Good-student conditioning can lead us to assume our primary asset is what we know, so we base our career on that, rather than innate ability. Improvising, conversely, requires us to tap into innate strengths such as charisma, quick-thinking and ingenuity. In *Bossypants*, well-loved comedian Tina Fey refers to the fundamentals of improvisational comedy as guidelines for everyday life. She quotes *Saturday Night Live* creator Lorne Michaels: 'The show doesn't go on because it's ready; it goes on because it's 11:30.' The actors were raring to go – and mistakes would happen. If they allowed fear to stop them, there would be no show. And the same is true of life and work; things don't always go to plan, but, as Fey comments, 'Perfect is overrated.' ❖

A quick guide to improv:

AGREE AND SAY YES

The first rule of improv is to always agree with your scene partner. This keeps the action moving along. If you don't, it will come to a grinding halt with the actors bickering on stage. '[The] Rule of Agreement reminds you to "respect what your partner has created" and to at least start from an open-minded place,' Fey explains. 'Start with a yes and see where that takes you.' In other words, give other people's ideas a chance.

SAY 'YES, AND...'

This is a golden rule of improvisation. So you've said yes, and things are moving along, but you also need to contribute something – erk. 'Always make sure you're adding something to the discussion,' says Fey. Bosses notice when you're just clocking in and out, but they value employees who have ideas, thoughts and suggestions and aren't afraid to voice them.

LISTEN AND REACT; DON'T TRY TO STICK TO A PLAN

In an *Elite Daily* article on translating lessons in improv to real life, Meredith Baker offers this advice: 'If you go into a scene already planning what you want to happen, you will ignore important information presented by the other players that is actually relevant to the current scene.' The same is true at work. Despite your best attempts to use a particularly marvellous idea you were working on, sometimes it just doesn't apply and it will actually mess up the flow of the show.

WHATEVER THE PROBLEM IS, BE PART OF THE SOLUTION

Fey explains that spewing a stream of questions means that your scene partner has to think of all these responses alone – and no one wants all that pressure. Think of the adage: 'Don't bring me problems, bring me solutions.' Rather than just telling your boss about a problem you've picked up, think of a few good solutions and present those when you raise the unwelcome news.

MAKE STATEMENTS

Fey recommends that women, in particular, need to work on speaking assertively. 'Speak in statements instead of apologetic questions,' she writes. 'Make statements, with your actions and your voice.'

THERE ARE NO MISTAKES, ONLY OPPORTUNITIES

In improv, sometimes things are misinterpreted or a scene starts to crumble. But there is no delete button, says Fey; your responsibility is then to work with whatever mess you find yourself in. Fey encourages us to look at work in the same way. While it can be difficult to see the good in a seemingly hopeless situation, try to identify something you could salvage in what may feel like a shipwreck.

‘Our Mommy’ *problem*

Once a woman has children, that’s the primary way she’s defined by everyone – not just her own children.



When I hear someone telling an expectant mother that having a baby will turn her

into a new person, I can't help but imagine a pathologically optimistic weather forecaster brightly warning that an oncoming tornado is about to give a town 'an extreme makeover'. Becoming a mother doesn't change you so much as violently refurbish you, even though you're still the same underneath it all.

That can be hard to remember when teachers, paediatricians, coaches and strangers alike suddenly stop addressing you by your name, or even 'ma'am' or 'lady', and start calling you 'Mom'. You'll feel like a new person, all right – a new person you don't necessarily know or recognise.

Motherhood is no longer viewed as simply a relationship with your children, a role you play at home and at school, or even a hallowed institution. Motherhood has been elevated – or perhaps demoted – to the realm of lifestyle, an all-encompassing identity with demands and expectations that eclipse everything else in a woman's life.

'Bunch of mummies cutting loose, huh?' Some female friends and I were having a drink at a bar recently when a male stranger hailed us with this line. A bunch of mummies. That alien race unnaturally invested in high-end strollers, one-pot-chicken meals and carcinogen-free sunscreens. His expression suggested that it was odd that women charged with ushering kids from Kumon lessons to soccer games might be out

on the town, sipping beers just like regular humans sometimes do. (How did he know we were mothers in the first place? Was it the extra-large sippy cups with MOMMY! bubble-lettered on the sides that we poured our beers into?)

We smugly shake our heads at the backward attitudes of *Mad Men*, but at this particular moment in our history, some combination of overzealous parenting, savvy marketing and glorification of hearth and home has coaxed the public into viewing female parents as a strange breed apart from regular people. You might feel like the same person deep inside, but what the world apparently sees is a woman lugging around a giant umbilical cord.

It's tough to blame bystanders, though, when our culture is so besotted with all things 'mom' and 'mommy': 'Mommy & Me' yoga classes and 'Mommy & Me' mani-pedis and 'mommy' makeovers abound. Navigate the world with a child in tow and pretty soon you can't escape the word. If you post something to your blog about having kids, you're a 'mommy blogger'. If you get your hair cut short, you got a 'mom haircut'. If you have something to say about the challenges of balancing home life and work, you're part of the 'mommy wars'. If you need a drink after all of this mommy talk, you're having a 'mommy's night out', which means you might become a 'mom gone wild'.

'Hey, moms? Moms? Listen up, moms!' I'm sitting on some risers

at the side of a soccer field, contemplating the drift of grey clouds in the distance, when these words send a shiver down my spine. My daughter's soccer coach is striding towards me with some instructions for the weekend's game, but I can't process the words coming out of his mouth. Moms? I look to my right and I see two mothers and a father. I look to my left and see a grandmother, another father and an older sister.

Why does this word irritate me when the wrong person says it? When my kids call me 'Mommy', I feel a surge of pride and happiness. 'Mommy' is also my mother's name,

thanks to the fact that my older sister shamed me when I tried to switch to 'Mom' in my teens. But the 'Mommy' I say to my mother or hear from my children is a private word, a word that defines the relationship between me and my mother, or me and my kids.

It's like 'sweetheart' or 'lover', but arguably even more intimate. It's a word that feels awkward when it comes out of the mouth of a teacher or a stranger or a cable news pundit.

You can love being a mother – and I don't personally know a woman who doesn't love it – and still hate being addressed as 'Mom' or 'Mommy' by someone who isn't your child. You can love being around other women, or other parents, and sharing your ideas and emotions and experiences, and still not want the whole thing to be wrapped up in a big 'Mommy' bow.

The Mommy bow chafes because

If you post something to your blog about having kids, you're a 'mommy blogger'. If you get your hair cut short, you got a 'mom haircut'.

it's at once cloying and rife with contradictions. On TV and in movies and modern fiction, mothers are frequently portrayed as protective yet focused on the trivial, wise yet neurotic, monumentally important but deeply silly, sexy yet sexless. Even for those of us who remain blissfully unconcerned by such cultural undercurrents, new opportunities to feel as if we're not measuring up lie around every corner. We are besieged by Facebook images of sun-kissed children canning homegrown peaches and building tiny replicas of the Eiffel Tower out of toothpicks and being home-schooled on organic dairy farms. We know far too much about other people's lives these days, and the more we know, the clearer it becomes that we are doomed to lag behind the pack in this increasingly high-stakes game.

Sure, it's possible to be inspired by the great dinner ideas on Goop or the excellent examples set by other parents online. Personally, though, I don't want to read about amazing kid-friendly boutique hotels with treehouse cabins in Sweden. I don't want to know about the most delicious cherry pie some super-relaxed stay-at-home dad made with his scruffy toddler. I am not interested in hearing theories on what gave your five-year-old such a premature grasp of quadratic equations, or about the countless benefits of living in Berlin for your now-German-speaking, bicycle-riding, train-hopping spawn. There's far too much pressure, on parents in general and mothers in particular, to keep our kids away

from corn syrup and bullies and industrially farmed beef while introducing them to chapter books and charcoal drawings and parasailing.

Maybe it's not ideal for a kid to unlock her front door and watch *Swiss Family Robinson* every afternoon, as I once did, but lately we've swung so far in the opposite direction that it's hard to understand how two mortal parents (let alone one!) are supposed to keep up. I like violins and knitted tea cosies and

themed birthday parties as much as the next earthling. But before I get to that stuff, I need to clear a path through this dirty laundry so I can get to the dishwasher. I'm hesitant to throw myself

into any high-maintenance child-related activity too enthusiastically lest I doom myself to becoming a specialist in an unpaid field that might cut into the time I spend on things like, I don't know, making a living? Staying in shape? Seeing my friends occasionally?

The current culture demands that every mother be all in, all the time. My sister-in-law told me about a mom at her kid's primary school who took the basic school T-shirt that everyone got and painstakingly created a beaded fringe at the bottom, replete with cinched waist and perfectly cuffed sleeves. All of the other little girls gathered around, screeching variations of 'I want the same thing!' Incredibly enough, instead of laughing in their unrealistic faces the way our parents might have, all the adults started mumbling, 'Yes, okay, we can do that, sure, I'll learn a challenging new craft, no

Somehow, as we've learned to treat children as people with desires and rights of their own, we've stopped treating ourselves and one another as such.

problem. Tonight, of course. We'll do it tonight.' This made my sister-in-law, who was already late for work, want to teach a few people the artisanal craft of rearranging someone's face using only your bare hands. We are outclassed at every turn. We are outspent and out-helicoptered and outnumbered. It used to be good enough just to keep your house from being coated in a thin layer of dog hair and human faeces. No longer.

Forty years ago, my mother and her two friends drank coffee, ate homemade cherry pie and chain-smoked their way through lively debates over whether a popular author was daringly frank or a chauvinist, while their children were expected to play nicely outside and rarely interrupt. Today, all three mothers might instead be engaged in some elaborate craft project, each woman stopping the conversation every few seconds to open a little jar of paint or to help glue on some tiny eyes.

Somehow, as we've learned to treat children as people with desires and rights of their own, we've stopped treating ourselves and one another as such. But that's not hard to understand when the reigning cultural narrative tells us that we are no longer lively, inspired women with our own ideas and emotions so much as facilitators, meant to employ at all times the calm, helpful tones of diplomats.

No wonder so many of us have stopped listening to all those people trying to tell us to surrender, embrace our inner housewife, have it all, accept less than 'it all', be more French, be less attached, be more attached, lean in, lean out. Today's absurdly conflicting notions of motherhood play far better as comedy. No matter what the script says, we don't have to perform such a farcical, unrealistic role. We can rip the S off our chests. We're still the same underneath it all. ♣



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Bullying

WHAT SHOULD
YOU DO IF YOUR
CHILD IS BEING
BULLIED?

*And – what if your
child is the bully?*



‘My son, who is eight years old, has been bullied by the same boy since he was six,’ says Candice*, a FAIRLADY reader. ‘In the beginning he thought they were just playing, but when he would tell us about his day we started picking up that something wasn’t right. So we had to explain to him that friends don’t hurt each other. They are the same age, but Tony* is bigger in build, and he often pushes him around.’

Candice approached the teachers at her son’s pre-primary school but was told that they were just being boys and that they would keep an eye on the situation. ‘It would get better and then it would get worse,’ she says. ‘My son would come home with a bruise and say that Tony pushed him off the scooter, or Tony

said that he is going to kill his dad and me. It haunted him. In Grade 1 we found out that Tony was in the same class as my son, which we were not too thrilled to hear. The year started off fine, but before long my son started saying that Tony had started bullying him again, ripping his shirt, tripping him, locking him in the bathroom, punching him and grabbing his school bag while it was on his back so that he’d fall.’

Candice eventually met with her son’s teacher, who informed her that Tony had

‘Broadly, I would say that bullying between boys is more overt and physical, whereas bullying among girls is more covert and relational.’

anger issues and was seeing a therapist. 'But that did not solve the situation with my son,' she says. 'We are completely against fighting, but eventually we got to the point that we told him: "If Tony punches you again, you punch him in the nose, just once. Stand up for yourself and he will get such a fright that he will leave you alone."' My son is very soft-hearted, and is happiest when he's around the people he loves. He's not a fighter, and that's why I'm so concerned about this. I read all these horror stories about children and what they do because they're being bullied, and it keeps me up at night because I am so worried about my little boy.

'As a parent, what do you do? Do you teach your child to fight so they can defend themselves? Doesn't that make it worse or more dangerous? Do you meet with the other child's parents? But then what happens when you aren't around and it's just your child and the bully, and the bully is even angrier because they got into trouble?'

Kids often don't tell their parents when they are targeted by bullies, which is why it's so important to look out for warning signs,' says Johannesburg educational psychologist Anita Decaires-Wagner.

'My son was bullied at the crèche he attended and I could see a change in him,' says Barbara. 'He started getting very aggressive and hitting his sisters. I only realised what was behind it when he left the crèche a few months ago. He told me how this one kid told the others to make a circle around him and each one took a turn to beat him up. He asked them to stop but they wouldn't. I was so shocked. I asked him why he didn't tell me when it happened, and he said he was scared it would make the situation worse.'

WHAT ARE SOME OF THE SIGNS I CAN LOOK OUT FOR?

- Sudden changes in behaviour, such as withdrawal from friendships or a reluctance to speak about school or friends
- Resisting going to school
- Sleep difficulties
- Missing or broken items, torn clothing or unexplained injuries or bruises
- Lowered self-esteem, seems withdrawn
- Mood changes, aggressive behaviour towards siblings
- Sudden drop in school performance

WHAT CONSTITUTES BULLYING?

Before you take action, make sure what is happening is, in fact, bullying. 'Bullying is an extreme word, and is often used too easily,' says Anita. 'We should be careful of the label – exclusion is not necessarily bullying, and parents usually only hear one side of the story. Some kids are very sensitive to teasing, even when it's playful. I'm not saying you shouldn't believe what your child tells you – just gather all the information before you react. Bullying is when there is an intent to harm, and there is a power imbalance between the children.'

TYPES OF BULLYING

Physical bullying

Sometimes bullies get physical – hitting, punching and kicking, or stealing and breaking things.

Emotional bullying

This kind of bullying is less overt: name-calling, saying nasty or humiliating things, spreading untrue rumours or encouraging others to exclude someone from the group.

Cyberbullying

Online bullying is becoming very common, as it gives the bully a degree of anonymity. This includes posting nasty pictures and messages on the internet and on Facebook, Twitter and Mxit.

'Broadly, I would say that bullying between boys is more overt and physical, whereas bullying among girls is more covert and relational,' says Anita. 'If you suspect something may be wrong – ask! Listen to your child and take what they say seriously. Reassure them they were right in telling you – but don't promise to keep it a secret.'

WHAT SHOULD I DO?

According to a recent study published in *Pediatrics*, a child experiences more severe and lasting health implications the longer he or she is bullied. Researcher Laura Bogart, who led the study, believes that intervention is key. 'The sooner we stop a child from being bullied, the less likely bullying is to have a lasting, damaging effect on his or her health down the road,' she says. 'Our research shows that long-term bullying has a severe impact on a child's overall health, and that its negative effects can accumulate and get worse with time.'

'My advice would be to contact the school, if that's where the bullying occurred,' says Anita. 'Ask a teacher to check it out – all schools have anti-bullying policies. If the story turns out to be true, it's important to get the kids into a win-win situation – call them both in and try to get them to talk it out. There should be consequences, but an overly harsh punishment will just cause the bully to resent the victim and might even lead to retribution.'

Until the issue is resolved, advise your child to avoid situations where

they are alone with the bully. Tell them to play near where the teacher is and stay with their friends as much as possible. And if they're going home by foot, make sure there's a way for them to do so with others. 'The other thing you need to do is to strengthen the child who is being bullied,' says Anita. 'Kids who are socially okay are rarely picked on, so work on developing your child's self-confidence, assertiveness and social skills. Enrolling them in extra-mural activities can also help to widen their social circle.'

WHAT IF MY CHILD IS THE BULLY?

'The first thing is to be careful about harshly punishing the child,' says Anita. 'Parents are usually embarrassed when they find out that their child is bullying, and they often over-react, which can worsen the situation and create even more conflict. Stay calm, and get the facts.'

First off, make it clear, in no uncertain terms, that bullying is not okay.

'Children who bully are often dealing with big emotions, and it's important to get to the root of the problem.'

Then try to figure out why your child is bullying. 'What is the unmet need? For some children, bullying is a way of expressing their own feelings of powerlessness – for instance, when they themselves are being bullied (usually by an older sibling), or if they're feeling highly stressed by their circumstances at home – perhaps because of a new baby, a move or an illness,' says Anita. 'With others, it has to do with a lack of empathy or poor impulse control – perhaps they don't know how to resolve conflict. Children who bully are often dealing with big emotions, and it's important to get to the root of the problem.'

When it comes to cyberbullying, lawyers Emma Sadleir and Tamsyn de Beer (authors of Don't Film Yourself Having Sex and other legal advice for the age of social media) give this advice:

- Teach your child to take screenshots of abusive messages.
- Set up a Google Alert in the name of your child. This will allow you to monitor what is being said about them online.
- Social media websites have mechanisms to report bullying or harassment and block abusive users. Just in case your child feels uncomfortable coming to you, educate them about these readily available tools.
- Serious threats should be reported to the police and/or your child's school.
- Remind your child that, although they may think it's funny, they could get into serious trouble if they log into someone else's account or use someone else's phone to post stupid, offensive or harassing messages, tweets or status updates.
- Clues from the real world can help piece together what is going on in the digital world. Pay attention to any stories of nastiness at school, as this bullying has the potential to extend into cyberspace.

Bullies may need counselling – it's important to teach them how to deal with anger and frustration in non-violent ways. 'Physical activity can help to release emotions, and a creative outlet can also be soothing,' says Anita. 'Sometimes it's even as simple as making sure they are gainfully employed: kids who have something to do during breaktimes are much less likely to get into trouble.'

CAN YOU BULLY-PROOF YOUR CHILD?

The best solution to bullying is to increase bystander involvement, says Barbara Coloroso, a parenting expert and bestselling author. In a situation where bullying occurs there are usually three groups: the bully, the bullied and the bystander. 'But,' says Barbara, 'there are no innocent bystanders'. She believes that the best way to put an end to bullying is to teach children to occupy a fourth category: the ally.

Bystanders are usually in the majority, and they are the ones who witness or hear about the bullying. Part of the bully's power is creating the impression that bystanders support his or her actions, which is why it is up to them to intervene.

Passive bystanders usually do not want to get involved, as they fear retribution from the bully and his/her supporters, while others are apathetic as they don't believe they will be able to influence the situation. In both cases, the bully wins, as he/she has power over both the victim and the bystanders. On the other hand, an active bystander or an ally knows that, as they are in the majority, they have power if they band together.

Kids are often locked in a tribe of comradeship, which makes it hard for them to stand up and speak out. So how to teach your child to become an active bystander? 'We have to go beyond giving kids information,' says Barbara. 'We have to care.'



Individuals bullied in childhood are more likely to have a psychiatric disorder, smoke, struggle to keep work and have difficulty maintaining friendships.

The key, she says, is raising children who are not praise-dependent. 'Having a strong-willed child can be difficult at times. But kids who are praise-dependent and reward-dependent make wonderful henchmen. [Reward-dependent children] will do things to please us when they are little, but will do things to please their peers when they are older.'

Your role as a parent is crucial, as bullying is largely learned behaviour. If your child is bullying others, or passively standing by and watching as others are bullied, it's time to take a long, hard look at how you behave. 'How do you treat hired help? How do you treat the new neighbour, who looks different? How do you treat

DID YOU KNOW?

- *One in every 10 learners who drop out of school does so because of repeated bullying.*
- *25% of teachers see nothing wrong with bullying or putdowns – and intervene in only 4% of bullying incidents.*
- *Over two-thirds of students believe that schools respond poorly to bullying.*
- *Bullying is the most common form of violence – 66% of children will be involved in bullying at some point.*
- *42% of children have been bullied online.*
- *Being bullied often leads to depression, low self-esteem and suicide (suicide accounts for 9,5% of all teen deaths in South Africa).*

[SOURCE: SADAG]

'Hate crimes start with bullying and escalate to criminal bullying.'

somebody moving through the grocery store a little slower than you'd like them to? Your children are watching,' she says. 'We all have bigoted relatives somewhere in the family tree. Some are right there round the dinner table, spewing thinly disguised racist and sexist comments. Can your children hear you saying: "I'm bothered by that"? Or "That was cruel" when all the other relatives roll their eyes and say, "What, can't you take a joke?"... Your children need to see you standing up for values and against injustice when it's uncomfortable to do it.'

Schoolyard bullying might not seem like that big a problem in the grand scheme of things, but Barbara believes that it should be taken very seriously. 'It's a short walk from schoolyard bullying to hate crimes,' she says. 'Bullying is a conscious, wilful act intended to harm, where you get pleasure from somebody else's pain. And it is often continuous and repeated. Hate crimes start with bullying and escalate to criminal bullying,' says Barbara. 'And often it all starts with verbal bullying; dehumanising another person, making someone into an "it". "Sticks and stones will break my bones but words will never hurt me" is a lie.'

A study published in *Psychological Science* showed that individuals bullied in childhood are more likely to have a psychiatric disorder, smoke, struggle to keep work and have difficulty maintaining friendships.

'Bullying is often seen as "part of growing up" or brushed off as "boys will be boys"'. But trying to fault the target is part of the problem,' says Barbara. 'You don't have to like every kid. But you must honour their dignity and self-worth.' ♣

*Names have been changed



‘I don’t
know
what to
say...’



It’s not easy to find the right words when someone we know is going through an emotional crisis. We asked some people who have been there what they would have wanted to hear.

We've all been there. Someone we know is going through something

emotional, challenging or completely tragic... and we are at a complete loss for words. What do you say to a friend who has lost his or her child, someone who has been diagnosed with a life-threatening illness or someone whose marriage is falling apart?

No person or situation is ever the same, and there is no 'one-size-fits-all' answer. Key to navigating these sensitive situations is empathy, which is 'the ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and to use that understanding to guide our actions,' says Roman Krznaric, PhD, empathy advisor to organisations including Oxfam and the United Nations. 'That makes it different from kindness or pity.'

But as much as there is not always a right answer, there are certain things you should definitely avoid saying. Often our go-to is a cliché that we've used before, a 'safe' response that we turn to in our panic, but that can actually offend or upset the person

we are speaking to – even though that's not our intention. 'Clichés should be avoided as far as possible; emphasis should rather be on ensuring that the person feels that they have someone to turn to when

'Clichés should be avoided as far as possible; emphasis should rather be on ensuring that the person feels that they have someone to turn to when they feel that they need support.'

they feel that they need support,' says Vistrohietta Gilbert, programme head at the Trauma Centre for Survivors of Violence and Torture in Cape Town.

Hearing directly from those who have gone through the experiences is vital, so we turned to people who have gone through or are going through four specific, life-altering situations...

Death of a child or other family member

Lisa Myron suffered the loss of her son when he was 17, as well as her parents and brother.

What you should avoid: Don't tell the person to move on, or say 'you'll get over it'. It's not like a common cold that goes away after a while. That person will be changed forever. I've also been really offend-

ed by people saying to me, 'Well at least you had your son for 17 years' or 'At least he didn't suffer.' How many years would you like to have your child for before you would happily part with them? We aren't supposed to bury our children before us. And what parent would ever want their child to suffer? It's insensitive to say things like that.

What you could say:

When you have lost a family member, whether it's a parent or child, it's nice when people say that they are sorry for your loss – but only if it is heartfelt and compassionate.

Try to understand that: Some-

times the bereaved won't want to talk and open up about the tragedy. If you don't know what to say, just give them a hug. Little things matter – popping over for tea or sending flowers, remembering the date of their late child's birthday and sending a text. Just take some time to think about what your friend is going through. Less is more and actions speak louder than words.

Remember that: Unless you have walked that road, you shouldn't be giving advice. Try to empathise with the person, try to put yourself in their shoes. Ask yourself, 'How would I feel if this had happened to me?'

Diagnosed with a life-threatening illness

Jonathan Smith was diagnosed with cancer two years ago and has been through chemo. He is now in remission.

What you should avoid:

I wouldn't want people to dance around the issue. I want them to be straightforward. Other than that, I am not too worried about what people say. Everyone has been very nice and kind to me.

What you could say: When the person first tells you about their illness, it's nice to say, 'I'm sorry to hear that' or something along those lines. Thereafter I like it when people show interest in what I am going through; they ask what kind of cancer it is, what kind of treatment I will be receiving and so on.

Try to understand that: Just being interested and positive is helpful. Say things like 'You're looking good' and ask how the treatment's

going, and just be positive about it all.

Remember that: What you should say depends a lot on how advanced their illness is. Keep in mind that if the person is going through chemo or treatment they will most likely be feeling tired and perhaps a bit overwhelmed – even scared.

Parents with special needs kids

Ronel Greess has a son who is on the autism spectrum. She founded Anima Children's Therapy Centre in Hermanus, for special needs children.

What you should avoid: This is quite dependent on what stage of your journey you are on. When you first find out your child is disabled, it is very devastating. And I had a few people saying to me, 'Well maybe you were chosen to be the parent of a mentally disabled child.' At the time, that upset me a lot. Now, however, I've made peace with things. I also get some people saying, 'I don't know how you do it.' They may have good intentions but saying that makes me feel like I have this terrible life. It's not a question of whether I do it or not – I *have* to do it. He's my son and I love him.

What you could say: It is great to hear praise from people, things like, 'I can see you're doing such a good job.' Sometimes people come up to me and say, 'He's such a beautiful boy.' Many people have been very empathetic; a lot of the

time I find that people who have the most empathy are those who have experience in this area – perhaps someone in their family is mentally disabled. I think it's all about exposure; if people had more exposure to those with special needs they would be more understanding.

Try to understand that: Parents of autistic or mentally disabled children don't want to be excluded from society. I used to take my son to the supermarket when he was younger, only to receive stares and comments from people when he started throwing a tantrum on the floor. Sometimes I turned around and told them he was autistic, and they were speechless.

Divorce

Amalia and her husband divorced in 2013. She has two sons, aged five and seven.

What you should avoid: People sometimes make insensitive comments without thinking. An acquaintance recently started talking

to me about divorce, saying that it's not a good thing when kids are raised by one parent. The way she said it implied that I was raising my sons incorrectly. She said that because of the divorce, the parent feels guilty and therefore allows the kids to do whatever they want, and that's why teenagers today are

out of control. She also said divorce is too easy nowadays. I agree that sometimes people do take the easy way out instead of trying their best to make it work, but in most cases

'I just wanted to get out of my marriage as quickly as possible and I only cared about taking my kids with me. It has worked out fine, but I did lose out in some ways; my husband got the car and the house, and his new girlfriend moved in and assumed my place and my old life.'

divorce is the only option. So people shouldn't judge; they never know the actual circumstances.

What you could say: If you have gone through a divorce yourself, share things you've learnt. Give your advice and they can take it or leave it. For example, I just wanted to get out of my marriage as quickly as possible and I only cared about taking my kids with me. It has worked out fine, but I did lose out in some ways; my husband got the car and the house, and his new girlfriend moved in and assumed my place and my old life. So the advice that I would give to other moms is not to settle, but to fight for what is yours. If you haven't been in the situation yourself, then just lend a listening ear. Someone going through a divorce just wants to talk. When they've reached the point where they no longer want to talk about the divorce, you know that they are healing.

Try to understand that: Going through a divorce is very difficult, and even more so when there are children involved. The person is trying their best to be the best parent they can be but is likely to be feeling guilty and worried about their children. It is never easy when there are kids involved. ♣

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PAY YOURSELF FIRST

3. Save

Last month we looked at ways of cutting down on spending and getting debt under control. Once you've done that, it's time to start saving.



WHY SHOULD YOU SAVE MONEY?

You only live once, right? Your future self probably won't agree with that mindset. Take it from those who're there: a whopping over 82% of the 50-plus who took part in Sanlam's Life Surprises survey wish they'd saved more, provided for unexpected life events, spent less and started saving earlier for retirement. Also, 40,5% had to unexpectedly

support others: 44% of these support grandchildren; 43,6%, children. Inner peace comes into it too. The more you save, the more likely you'll be happy, according to a small US bank survey. Participants said saving gives them peace of mind and independence, helps them face the unknown and makes them feel proud. So where do you begin? 'An emergency fund of between three and six months of your monthly salary is a good way to start planning proactively for "life surprises",' says Karin Muller, head of Growth Market Solutions at Sanlam.

Our experts



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Consumer Affairs
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Besides emergencies, what could you save for?

TERTIA NDLOVU: A deposit on a home or car, holidays, your retirement, potential job loss, further education for you or your children, weddings, funerals,

furniture, celebrations like Christmas or Eid, unexpected expenses like new appliances. But also plan for things like expensive shoes and going out over the weekend – this way, you'll avoid spending more than you intended.

But you could use your credit card or hire purchase?

TERTIA NDLOVU: Save and pay cash. Otherwise you'll pay more than the actual price of the goods. On your credit card, you pay interest on the amount borrowed from your bank. On hire purchase, you pay interest on the 'loan' portion borrowed from the store. And don't buy consumables on credit or hire purchase. You don't want to be paying for something long after it is used up.

Should you cancel your credit cards?

TERTIA NDLOVU: If you're disciplined, keep them at zero balance and use them in an emergency. If you lack discipline, get rid of them.

Should you get rid of credit card debt before saving?

KATE BROWN: If you're behind on your repayments, put all your efforts into eliminating this debt. Get to the point where you settle any debt on your credit card each month, before you're charged interest. Do this before saving, because the interest you pay on late settlement of your credit card is much higher than the interest you'll earn on savings.

So there's no point in saving while you have debt?

KATE BROWN: You should generally have some cash available for emergencies. For most people, it's very useful to have a few thousand rand lying around. When you have a bad month – perhaps you have to replace the tyres on your car and you're hit for R4000 – you can deal with it. It's like having a float to help smooth your cash flow.

'Do not save what is left after spending, but spend what is left after saving.'

– WARREN BUFFET

Should you clear your bond before saving?

KATE BROWN: We generally regard long-term debt on a bond on a property as appropriate use of debt because your property tends to grow in value. It can be appropriate to save to growth investments or your emergency kitty, and overpay on your bond simultaneously.

Could you use your bond as a savings vehicle?

KATE BROWN: If you overpay on your bond, and you have a facility that allows you to get your surplus back with relative ease, then it makes sense to put as much money as possible into the bond. But my sense is that, since the 2008 financial crisis, borrowing back on bonds has become more difficult. Check carefully with the institution your bond is with as to the terms and conditions. If you struggle with discipline, don't have an access facility on your bond.

How can you make sure you save every month?

TERTIA NDLOVU: A debit order takes care of that. It takes effort – and guilty feelings – to cancel a debit order.

Where should you put your savings?

KATE BROWN: For ease of administration, keep your 'float' in a savings account with your bank. You earn very little interest but the money is readily available. If you're also saving up for the deposit on a property or to buy a car or go on a big holiday – say you're trying to save R50 000 – then look at some of the unutilised savings mechanisms, including money market funds. Consider features like the annual management fee, and whether you could have a regular debit order to that fund or can only add lump sums. Be clear

about the purpose, then choose the appropriate vehicle for that purpose.

TERTIA NDLOVU: Unit trust investments create some discipline; the funds are accessible within five working days of completing a withdrawal form. You want a savings vehicle that will help you curb your urge for instant gratification. A bank call deposit or 32 days' notice account may be ideal.

Why have a savings account rather than exchange traded funds (etfs) or unit trusts?

KATE BROWN: With the exception of the African Bank debacle, where some money market funds took a tiny knock because they had African Bank assets in their portfolios, a cash-type portfolio generally won't drop in value. Unit trusts and etfs, on the other hand, can be volatile, depending on the underlying portfolios. If these are equity funds, they can be very volatile – the value can drop by 20% in no time. Cash-type portfolios trundle along slowly and predictably. So if you know you need your money in the near future, keep it as cash. If it's going to take five or six years to save up to get into the property market, for example, save in something with a growth aspect, and take the risk on a more volatile ride to get a higher return.

How much should you be saving each month?

TERTIA NDLOVU: It depends what you can afford. Once you clear one debt, add the instalment you were paying to the instalment on another debt. Once all your debt is out of the way, use that newly available money as your contribution towards your savings. Then, as Warren Buffet said, 'Do not save what is left after spending, but spend what is left after saving.'

SAVINGS OPTIONS

Your bank and other financial services institutions offer savings accounts with varying interest rates and terms. Generally, the more accessible your money and the less you have in the account, the lower the rate of interest. Some accounts offer immediate access to your money; others restrict access for set notice periods, or to part of the money. The type of account available to you depends on factors like the amount you have available to deposit (the minimum varies widely), how long you can wait to access to your money, and whether you'd like to make further regular deposits. Confirm the interest rates with your bank; they fluctuate according to changes in the prime rate. Look at each institution's website for more comprehensive information.

If you have savings of R30 000, here's the interest rate per annum that applies on the following accounts:

FNB

- **Simply Save** – immediate access to your money: 1%
- **Money Market Investor** – no monthly fees, immediate access: 3,55%
- **32 Day Interest Plus** – access to your money requires 32 days' notice: 2,8% for the first 32 days; 2,9% for 33–64 days; 3,05% for over 65 days

Nedbank

- **JustSave** – minimum deposits of R50; allows you to access your cash; 2,95%
- **JustInvest** – money market deposit account: 5,25%
- **EasyAccess Deposit** – fixed term up to 18 months; access to 50% of your money; minimum deposit of R2 000 required; if 12 months: up to 6,59%
- **Nedbank Green Savings Bond** – for under-60s (for over 60s, Seniors Green Bond); minimum deposit of R1 000; fixed term of 18/24/36/60 months; for 18 months: up to 7,24%

Generally, the more accessible your money and the less you have in the account, the lower the rate of interest.

- **Save4me** – for the under-18s: 4,5%

Standard Bank

- **PureSave** – your funds are available on demand: 2,5%
- **MarketLink** – funds available on demand; R5 000 minimum opening deposit required: 3,75%
- **MoneyMarket Call** – funds available on demand; R20 000 minimum opening deposit required: 4,75%
- **Notice deposits** – at least 32 days' notice required, which prevents impulsive withdrawals: 3,5%

ABSA

- **TruSave** – entry level; add to and withdraw from savings any time; R2 000 free funeral cover if balance is over R50; flat rate on balances over R50: 2,75%
- **Depositor Plus** – instant access to your money, and add to amount at anytime, at a competitive interest rate: 5,25%
- **Notice Select** – add deposits any time; choose your notice period (15/32/45/60/75/90 days) and the proportion of the investment you'd like to be available on demand (0/10/20/30/40/50%); the longer the term, the greater the proportion you choose not to access, and the larger the amount, the better the interest rate; at 32 days of no access: 5,43%

Capitec

- **Flexible savings account** – access any time: 4,6%
- **Fixed term savings account (single deposit)** – interest rate fixed for the full term; if it's 7 to 12 months: 6,45%
- **Fixed term savings account (multiple deposits)** – interest rate fixed for full term; if it's 7 to 12 months: 5,75%

Use their savings calculator:

choose what you're saving for (car, home, business, holiday, education, other), input the amount, the number of months before you need the money, and it gives you the approximate amount you need to save per month.

Old Mutual

Tax Free Savings Account – a new investment option, introduced on 1 March 2015; no fixed term; completely liquid – access at any time; not tax deductible, but not subject to tax; annual contribution limited to R30 000; interest rate depends on underlying funds.

We asked you: what are your best money-saving tips?

- **ZINTLE GONTSHI** *Leave your wallet at home and only carry the amount you need.*
- **TEBOGO MGAGA** *Always pay cash, especially the small stuff.*
- **CORALEE VICE** *Don't go to the shops.*
- **INGE LOKER** *My friend starts off every year by putting her R5 coins in a jar and by the end of that year she's got a couple of thousand saved for the holidays.*
- **JENNY PORTER** *Give up smoking. Don't know how I ever afforded it!*
- **IRIS VORWERK-MÜLLER** *Eliminate things you don't need. I never use my bank overdraft and I don't open store accounts. Shopping once a week helps. Make a shopping list and stick to it – and never shop while hungry. Don't think twice about buying an item – think about it three times.*
- **NOMBEKO PATIENCE NQOKO-MASHILANE** *Stokvel with fixed monthly contributions.*
- **MARINA VAZZOLA** *Take my husband with me when shopping.*
- **MANDY BOWERS HEYNES** *Don't spend money you don't have.*
- **JULIE BARNES** *Take your own lunch to work.*

NEXT MONTH: DRAW UP A WILL

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What gave *you* that extra EDGE?

We asked some of South Africa's most successful women to tell us what they really believe got them to where they are now.



Jane Trembath – South Africa's first female pilot

'Overcoming the two biggest setbacks in my career to date – and not allowing them to crush me.'

The first setback made me realise that even though the way I was treated as a woman in a man's world was unfair, I was managing it incorrectly. I stopped feeling like a victim and worked on how to approach my challenges – that's when I first found my true power. In the second, I survived injustice when I stood firm in my own truth. I acknowledged my fears and thus honoured them. I could work on smart solutions unclouded by desperation, but trusting my instincts – and that's how I found my powerful spirit.



Fairoza Parker – Chief Financial Officer, Cape Town International Convention Centre Company

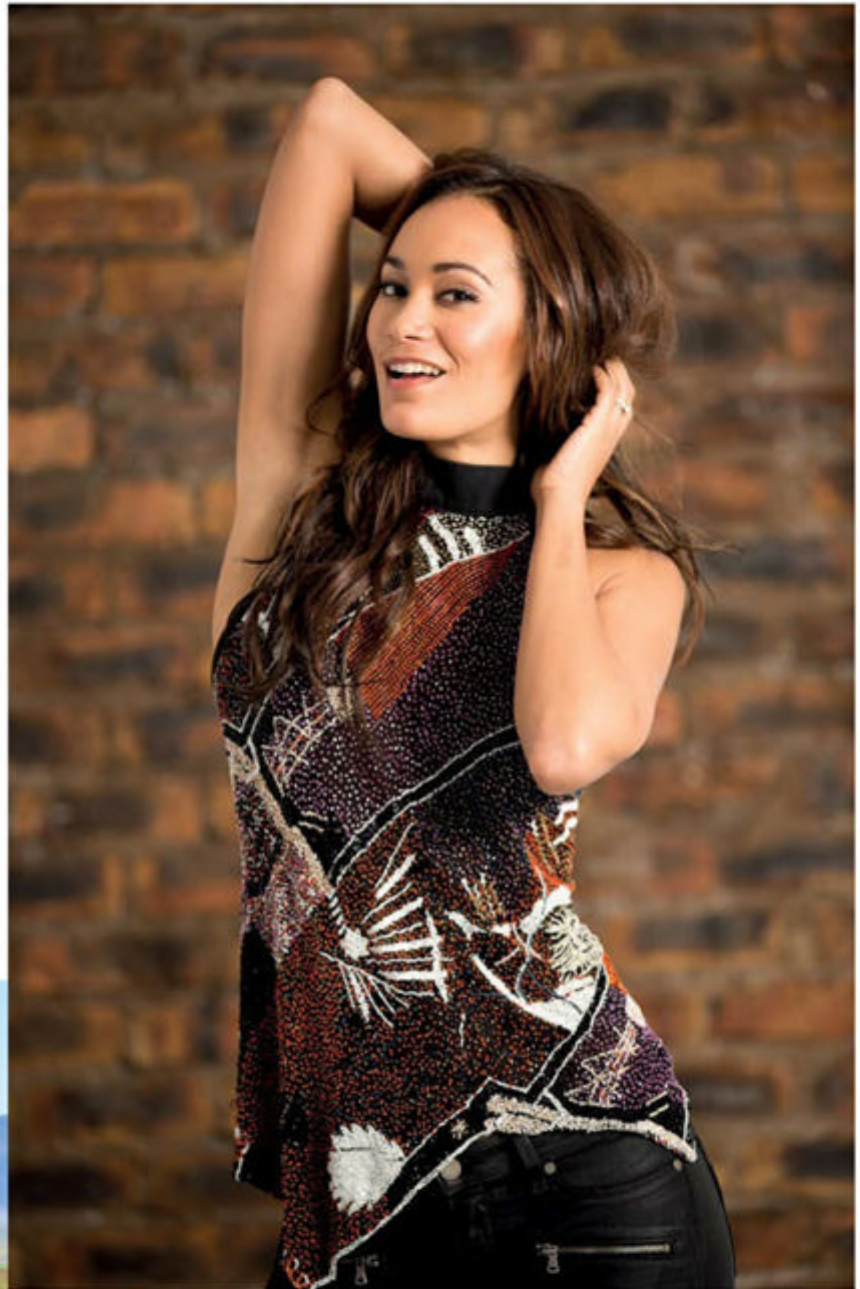
'My positive mindset, a passion and commitment to developing my team and an ability to be flexible and think out of the box.'

In business, as in life, you are continually faced with unexpected challenges and the success in overcoming these depends on your management approach. Skills development and empowering staff are integral to the success of any business, and throughout my career that has been my focus.

Jo-Ann Strauss –
Public speaker and
businesswoman

‘I believe in preparation and in research.’

There’s no secret to success. Everyone knows that hard work is essential – unless you win the lottery, and even then, it takes some hard work to actually keep your money working for you so you don’t lose it all in a few years. I love the quote by H. Jackson Brown Jr: ‘Opportunity dances with those already on the dance floor.’ Even during interviews, I try to anticipate answers so that I can lead the interviewee in a direction I’d like to take the conversation. A good dose of positivity is also an essential ingredient, but if you’re just positive and haven’t put in the work, you’re a dreamer with your eyes open.



Jeanne Groenewald – Founder and managing
director of Elgin Free Range Chickens

‘Eternal optimism, never giving up and sleepless nights of contemplation’

And, of course, my amazing team! Doing something that you’re passionate about is the ultimate success. It’s important to start small in order to keep things manageable, but you can’t always control everything. Learning from your mistakes along the way is also

imperative. As an entrepreneur, delegating can be terrifying, but learning to do so as early as possible is far safer than trying to do everything yourself! Knowing that the people in your team are what make up your company is also essential. You need to uplift, nurture, and respect them while having confidence in what they do and acknowledging their hard work.





Nelia Annandale – Founder and Owner of Keedo International

‘I used mistakes as stepping stones.’

Launching Keedo was a leap of faith – I had no business training or experience. But I backed that up with hard work, honesty, passion, dedication and perseverance. My enthusiasm for kids’ clothing was powered by my love for children and nature – and I have a loyal team that shares this ethos with me. There needs to

be constant innovation of product ranges and routes to market – a solid understanding of your clients’ needs is imperative. The most important business lesson I learned is ‘cashflow is king’. I also learned that you need to remain flexible, enabling you to react to opportunities. The absolute joy you experience from changing lives through empowering your staff and through job creation is priceless.

Pria Hassan – CEO of Women of Africa Fuels & Oils

‘My daily practices are still simple despite a complicated structure...’

It is important to always have a plan, document it, follow it, believe in it and be passionate. You should have compassion in all that you do. Extend it to the people you work with, your family and, most importantly, yourself.



Stay healthy; your body, mind and soul are critical factors to your success – don’t compromise this in the pursuit of financial gain.

Educate yourself every day: learn something new, apply it to your life, share it when you feel the need to... Remember, as you grow others, you will improve yourself. And be grateful for the opportunities that come your way. It’s also important that you follow through on all your leads and meetings, extend your network and that you ask yourself what your legacy would be.

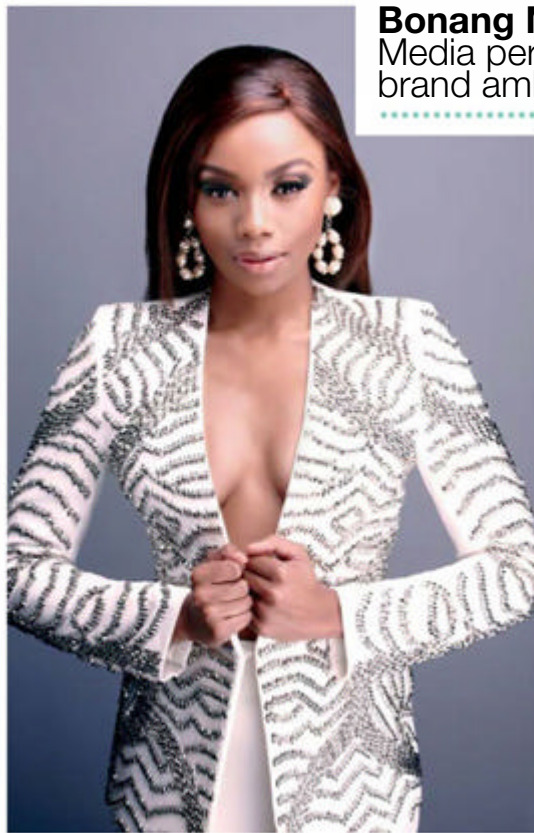
Justice Leona Theron – Judge at the Supreme Court of Appeal



‘A never-give-up attitude, hard work and a good dose of common sense.’

With hard work, anyone can achieve

their goals. I was appointed as a judge of the High Court at the age of 32. At the time I was the youngest judge in the country and the first black female judge to be appointed in KwaZulu-Natal. It was very daunting occupying such a high office at that relatively young age. I knew I had the responsibility to perform my duties to the best of my ability as there was so much resting on my appointment. Initially, I always felt I had to work twice as hard to prove myself. There were so many women and young people who would come after me, and I did not want to ruin their prospects by performing poorly. It's also important, when choosing a career path, to choose a field that you enjoy. I am passionate about justice and I love what I do.



Bonang Matheba –
Media personality and Revlon brand ambassador

'I behave and see myself as a brand.'

And I'm very authentic and true to that brand – it is something that translates into all that I do. But to get to that, you need to know and understand yourself, as well as to crystallise the values encompassed in your brand. All of this is underpinned by hard work and commitment, and an excellent support structure: my family and my team. I'm also very fortunate to love what I do and I'm very passionate about my work. For me, that's a great foundation for anyone on a quest for success.



Nontobeko Sibisi – CEO of
Bhubesikazi Investment Holdings

'I taught myself to act now and fix later.'

I am a picture person and I love to draw mind maps. I love to granulate my goals, and create vision boards. When I left corporate I had adopted a very negative word which I thought defined me, yet I did not realise I had already started becoming it: procrastination. I knew all the dangers of her teeth but kept her in my yard. But I made a decision that if I was going to make a success of my life and the business I had started, I had to act now and fix later. I have grown into doing both – practice makes habit in my world. I act now and fix as I go. My problem-solving has sharpened so much because I tackle goals and deal with challenges head-on.

Esmaré Weideman –
CEO of Media24

'Two very simple words: hard work.'

Oh, and passion. You can't be successful if you don't put your heart and soul into what you're doing. I've always marvelled at the story of Anna Wintour deciding at the age of 12 or something that she was going to be the editor of *Vogue*. Personally, though, I never had any bigger plan than wanting to be a journalist. Once in management, I expected the same passion and hard work from those working with me. In business you have to surround yourself with good people, particularly people who are good at the things you're not. So my advice would be: do something you're passionate about, work really hard and surround yourself with the best. And have fun!



Healthy living

Food for thought...



BREAKFAST LIKE A KING?

So we all believe – particularly if we aim to lose weight. But an article in the *American Journal of Clinical Nutrition* says this is only a presumption. 'The observational literature on the proposed effect of breakfast on obesity (PEBO) has established the association, but not the causal relation, between skipping breakfast and obesity.' But they may yet find that causal relation, so keep up the habit.



meat eaters!

How much meat should I eat?

To reduce your risk of cancer, the World Cancer Research Fund recommends you eat less than 500g a week – though they say the population average should be no more than 300g – of red meat (beef, pork, lamb). And avoid processed meats (smoked, cured, salted, or with chemical preservatives added). Eating too much red meat and any processed meat carries a 'convincing increased risk' for colorectal cancer, they say.

HOW LONG CAN YOU HOLD THE PLANK?

For most of us, even a minute is probably a stretch. If it's part of your exercise programme, you'll appreciate the achievement of Mao Weidong, a member of the Beijing SWAT team. Recently, he set a new world record of 4 hours and 26 minutes! This man of steel abs smashed the previous record of 3 hours and 7 minutes. Give it a try! Really, a minute is great for the rest of us.



SHINGLES HELL

Had chickenpox as a kid? Then the varicella zoster virus is still latent in your body. At any time (what triggers it isn't known yet) the virus can flare up, causing a rash on the skin that can be very painful. As you get older, and your immunity declines, you're at greater risk. So how do you know it's shingles? These clusters of blisters could cross round the front and back of your body, but are usually only on one side. They disappear after two to four weeks, but the pain can persist. 'I experienced it as a deep-seated, continuous nerve pain – a bit like when we did a "Chinese bangle" on each other as children, twisting the skin – but more severe,' says one sufferer. 'So severe I couldn't go to work. I couldn't put my clothes on. I even tried to put my back into the freezer to see if it would help!' 'Shingles-related pain is difficult to treat,' says Dr Raff, director of the Christiaan Barnard Memorial Hospital Pain Clinic. A shingles-specific vaccine is available and, says a study published in *The New England Journal of Medicine*, it reduced incidence of shingles by 51% and of associated nerve pain by 66%. 'I'd recommend that everyone over 50 speak to their doctor about getting vaccinated,' says Dr Raff.

Get Well Soon Kate!

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Going downhill is just fine, it's the uphill that make me miss you even more, my love.

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1. Project GP's Choice, Markinor Survey, November 2011. [S] [S1] Panado® Tablets. Each tablet contains paracetamol 500mg. Reg. No. B/2.8/858. For full prescribing information refer to the package insert approved by the medicines regulatory authority. ZA.14.WLB. 088 09/2014. Adcock Ingram Limited. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Tel +27 11 635 0000 www.adcock.com



Taking your health to a whole new level doesn't have to be hard. Simple changes can make a big difference to your mind and body.

10 (easy) HEALTH boosters

1

GET SWEATY THREE TIMES A WEEK

One of the best things you can do to slow the effects of ageing is get sweaty through sport or exercise three times a week, says Tim Spector, professor of genetic epidemiology at King's College London and author of *Identically Different: Why You Can Change Your Genes* (find on Amazon). It has an anti-ageing effect

on the mind and body. 'Getting out of breath three times a week is much better than doing crosswords for your brain health as you age,' he explains. Plus, research from the *American Journal of Physiology* found running on a treadmill for half an hour three times a week could help slow the effects of ageing on skeletal muscle too.

2

HAVE 15 NUTS A DAY

Cardiologist Dr Ross Walker says that eating natural nuts has enormous health benefits. 'Having 10 to 15 unsalted walnuts, almonds or macadamias a day can lead to a 50% reduction in cardiovascular disease risk,' he says. 'Eat some nuts as a snack instead of chips or chocolate.'

4

SPRINKLE CINNAMON ON YOUR CEREAL

Cinnamon is one of the most powerful of all spices. Research published in *Diabetes Care* found as little as 1g (about a quarter of a teaspoon a day) could help control blood sugar in people with type 2 diabetes. You can try it on your cereal at breakfast to help control sweet cravings throughout the day. Also, cinnamon is a great source of antioxidants – one teaspoon of ground cinnamon contains the same antioxidant levels as a punnet of blueberries.



3

GET OUTSIDE IN THE MORNINGS

You know exercising in the morning is a good thing for fat-burning, right? Well, simply spending time in bright morning light could help you slim down too, says new research from Northwestern University in the US. So why would this happen? 'Morning light may affect hormones that influence appetite regulation and metabolism,' says Dr Phyllis Zee, a sleep disorders expert who conducted the research. 'Plus, light alters the body's circadian rhythms – its internal time clock – which can allow for better sleep.'

5

HAVE A SERVING OF RICE WITH DINNER

Mounting evidence suggests that a serving of rice a day can benefit your health in a big way. Most recently, research in the journal *Food and Nutrition Sciences* found people who ate rice with main meals not only absorbed more nutrients, including potassium, magnesium, iron, folate and fibre, from their food, they also ate less saturated fat and added sugar. Another study showed that having a serving of rice increased satiety and fullness after meals. Both brown and white rice had the same effect.

6

SLEEP ABOUT SEVEN HOURS

When it comes to longevity, getting more hours of sleep isn't necessarily better. Researchers at the Scripps Clinic Sleep Centre in California found that what adds years to your life is getting just the right amount. In the sleep study, those that slept between 6,5 and 7,5 hours a night lived the longest. But those that slept for more than eight or less than six hours didn't live quite as long.



7

EAT TOMATO SAUCE AND SALSA

Eating five tablespoons of tomato sauce a day could help boost your skin's natural ability to protect itself from sun damage, shows research from Newcastle University in the UK. Processed tomato products could increase the skin's natural collagen production against sunburn by 33% in 12 weeks. Of course, this doesn't mean you can skip on sun-screen! Interestingly, the effect was only seen when people ate processed tomato foods such as tomato sauce, tomato paste or tomato purée. 'Processing makes the lycopene, the active antioxidant ingredient in the tomato, more bioavailable to the body,' explains the researcher, professor of molecular dermatology, Mark Birch-Machin.



9

LISTEN TO JAZZ MUSIC AT MEALTIMES

Music and lighting can affect your relationship with food. In an experiment by Dr Brian Wansink, one of the world's most respected obesity researchers at Cornell University in the US and author of *Slim By Design* (available from Amazon), people in a fast food restaurant listening to soft jazz (think Chet Baker or Vince Jones) ate 18% less food than those listening to classic '70s rock and roll. 'The louder and faster the music, the more and faster you eat,' says Dr Wansink. Plus, pay attention to the lighting in your dining room. 'Bright fluorescent lights or lighting that was too dark both made people eat more,' he says.

SPREAD YOUR PROTEIN THROUGHOUT THE DAY

When it comes to building healthy muscle, which in turn helps burn kilojoules and increases metabolism, we need protein. Most of us tend to eat our protein at dinner but new research suggests spreading protein intake throughout the day is better. Eating 90g protein a day with 30g at each meal increases the way your muscles use that protein by 25%, compared to when you just eat all the protein in one meal. What does 30g of protein look like? 'For breakfast, an egg, a small pot of yoghurt and a handful of nuts provides 30g of protein,' explains Doug Paddon-Jones, an obesity scientist at the University of Texas Medical Branch at Galveston, where the research was carried out. Aim for a 100g serve of lean beef, pork, chicken and fish to get 30 g of protein, which is about the size of a deck of cards.

8



10

MEET UP WITH FRIENDS ON A REGULAR BASIS

There's increasing evidence that suggests socialising can protect your brain health. 'Connecting with friends on a regular basis is one of the best things you can do for your memory and brain health,' says Dr Walker. In fact, a study published in *The Lancet* showed that people with a limited social network have a 60% higher risk of developing Alzheimer's disease or other types of dementia.

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believe these
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stood in high heels
the whole day, ran
errands and cooked
dinner for 5?

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work IT!

The key to a versatile working wardrobe? A collection of modern, neutral separates will give you the scope to mix and match freely and bring some panache to the boardroom. Your colleagues will be taking style notes!

Instant success

Look effortlessly cool by mixing prints and textures: a pinstripe shirt under a knitted jumper and menswear-inspired pants bring life to an otherwise muted palette.

JUMPER (R499) RIVER ISLAND; SHIRT (R379) ZARA; TROUSERS (R849) RIVER ISLAND; HEELS (R399) TRUWORTHS; SMALL HOOP EARRINGS (R1 230) NWJ; WATCH (R1 395) SISSY BOY, CJR

Black beauty

A chic black coat can do no wrong in the workplace. Its wear-forever tailoring and timeless colour can be paired with anything and everything. Use that pay cheque well and invest in a piece that you will wear for years.

COAT (R7899) TIGER OF SWEDEN;
SHIFT DRESS (R759) ZARA; NECK CHAIN
(R160) LOVISA; SPECTACLES (R1 699)
CHLOÉ, MOSCÓN OPTICS





Tee time

Layer a white t-shirt underneath your cardigan and coat and team it with a sleek pencil skirt – we love the slit detailing on this one. Heading out for drinks after work? All you have to do is shed the coat and cardi for an after-hours revamp.

CAMEL COAT (R2350) NICCI BOUTIQUES; CASHMERE CARDIGAN (R3000) BLACK SHEEP; T-SHIRT (R399) NICCI BOUTIQUES; PENCIL SKIRT (R3299) TIGER OF SWEDEN; HEELS (R399) ZOOM; EARRINGS (R85) LOVISA



She wears the pants

Say goodbye to your matchy-matchy pants suit, and hello to a pair of wide-leg trousers instead. They may be intimidating to wear (we're all so used to skinnies now!) but they make legs look longer and leaner, even with all that fabric!

SHIRT (R379) AND TROUSERS (R659)
BOTH ZARA; HANDBAG (R1 099,96)
SISSY BOY, STUTTAFFORDS; HEELS (R499)
ZOOM; SPECTACLES (R2 401) PRADA,
LUXOTTICA; HOOP EARRINGS (R100
PART OF SET) LOVISA





White collar (opposite page)

A classic white shirt will always have a place in your wardrobe – it's the number one item to pair with your separates. Wear underneath a shift dress for a new look in an instant.

BLAZER (R1999) RONALD SASSOON, SHIRT (R600) DESRAY AT TALKSHOP, SHIFT DRESS (R1499) POLO, CUFF (R149,50 FOR SET OF TWO) COLETTE BY COLETTE HAYMAN

Pencilled in

Keep your cardie from looking dowdy by cinching it in at the waist with a belt and pairing it with a curve-hugging pencil skirt. (Think Joan from *Mad Men*!)

EXTRA-LONG CARDIGAN (R575) NICCI BOUTIQUES; SKINNY BELT (R399,95) PRINGLE, STUTTFORDS; PENCIL SKIRT (R649) RIVER ISLAND; STRAPPY HEELS (R499) TRUWORTHS; DROP EARRINGS (R85) LOVISA

Keep your cool

Sometimes on those balmy late summer days it's hard to brave the heat and still look professional. Our advice? Go for a soft blouse in a breathable fabric and a feminine swing skirt.

SOFT BLOUSE (R299) STYLE REPUBLIC, DAILYFIX.CO.ZA, CLICK ON SHOP!; SWING SKIRT (R490) CAPTIVE8; STRUCTURED BAG (R899) RIVER ISLAND; MULES (R549) ZOOM; SILVER STAINLESS STEEL WATCH WITH LEATHER STRAP (R6195) VICTORINOX, PICOT & MOSS



Style credentials

The office doesn't have to be a fashion-free zone. You can still wear this season's culottes to work – just pick a pair in a dark neutral shade like navy or black to make it office appropriate.

CULOTTES (R559) ZARA; SHIRT, (R349.95) EDGARS; CARRYALL (R1299) ERATO; LOAFERS (R360) TRUWORTHS; SPECTACLES (R4725) TOM FORD AT SDM EYEWEAR; HOOP EARRINGS (R920) NWJ; STAINLESS STEEL QUARTZ ROUND FACE WATCH (R1995) OBAKU @ C.JR

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SUPERNOVA CREATIVE MANAGE-
MENT. MODEL: LYDIE AT BASE.
FASHION INTERN: KIRSTIN GERBER.
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• BOX BAG (R450) QUEENSPARK



• 3-TONE CARRYALL (R8 600) NERI KARRA



• ENVELOPE BAG (R2 999) MIMCO, WOOLWORTHS



• BLUSH TOTE (R2 599,95) TED BAKER, STUTTAFORDS



• TWO-TONE HANDBAG (R1 199) NINE WEST

KEEP CALM & CARRY ON

Work totes must be roomy, sturdy and stylish. If you want something that goes with everything, think nude, black or navy. Or use a bright tote as an easy and chic way to introduce a pop of colour.



• FAUX ANIMAL SKIN BAG (R450) QUEENSPARK



• PLASTIC CARRYALL (R749,95) CROCS



• BUCKET BAG (R399) FOSCHINI



• TWO-TONE HANDBAG (R1399) NINE WEST



• ANIMAL PRINT CARRYALL (R4999,95) TED BAKER, STUTTAFORDS



• NUDE BOX BAG (R899) ZARA



• MONOCHROME BAG (R2 599,95) TED BAKER, STUTTAFORDS



• BAG WITH FRONT POCKET (R1 399) NINE WEST



• SLINGBAG (R899) ZARA



• BLACK HANDBAG (R6 999) TIGER OF SWEDEN



• STRUCTURED HANDBAG (R899) RIVER ISLAND



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• METALLIC STILETTO (R2 800) KAREN MILLEN

IT'S A SHOE-IN

Your shoes can make all the difference between looking shabby or chic. Invest in a few pairs of neutral heels and flats to keep your work look polished and professional.



• SLINGBACK (R599) CHARLES AND KEITH



• LACE UP FLATS (R349) ZOOM



• QUILTED HEEL (R460) TRUWORTHS



• ANKLE STRAP HEEL (R1 299) MIMCO, WOOLWORTHS



• BROGUES (R350) FOSCHINI



• FAUX SNAKESKIN HEELS (R1 099) NINE WEST



• BLOCK HEEL (R999) RIVER ISLAND



• FAUX LEOPARD PRINT HEELS (R1 499) NINE WEST



• WEDGE (R3 899) TIGER OF SWEDEN



• CAMEL FLATS (R1 950) CARVELA, SPITZ



• ELASTICATED HEEL (R249) FASHION EXPRESS



• BROGUES (R799) MIMCO, WOOLWORTHS

BLACK BELT
WITH GOLD
BUCKLE (R479)
WITCHERY,
WOOLWORTHS

PHOTOGRAPHER: ANEL VAN DER MERWE
FASHION INTERN: KIRSTIN GERBER

MIDDLE MANAGEMENT

Knot it, wrap it, buckle it... whichever way you wear your skinny belt, make sure you have loads of them at hand – this simple accessory finishes off just about any outfit.

Tip

A cinched waist instantly accentuates your curves for a feminine, hourglass look.

TAN LEATHER BELT
(R240) JINGER JACK

ORANGE BELT (R1 420)
GERARD DAREL

SILVER BELT (R1 499)
DAY BIRGER ET
MIKKELSEN

LEOPARD PRINT BELT
(R1 280) GERARD DAREL

GOLD BELT
(R249) MANGO

Wave your magic wand

BEAUTY EDITOR KELLI CLIFTON

Enhance your eyes with long, luscious lashes. We'll show you how to lengthen, curl and volumise – so you can set some hearts aflutter too.

Do you feel naked when you leave the house without mascara? Don't fret – you're not alone! Mascara ranks as most women's number one must-have beauty product and women spend billions each year enhancing their lashes – we're talking innovative mascara formulas, growth serums, falsies and, of course, extensions.

the right mascara can work wonders

HERE'S HOW TO APPLY
IT PROPERLY:

Place the wand deep into the base of the lashes, wiggling it in, left to right. (It's the mascara that's applied to the roots, not the tips, that gives the illusion of length and volume.) Then, pull the wand up and through the lashes, wiggling as you go. Wiggling is key, as it separates the lashes. Lastly, close the eye, place the wand on top of the lashes at the base and pull through to remove any clumps.



the *ultimate* mascara guide

VOLUME

Try Chanel Le Volume De Chanel Mascara, R480; YSL Mascara Volume Effet Faux Cils, R370; Estée Lauder Sumptuous Extreme Lash Multiplying Volume Mascara in 01 Extreme Black, R325



WATERPROOF



Try Maybelline Great Lash Waterproof Mascara in Black, R99,95; Essence All Eyes On Me Waterproof Multi-Effect Mascara in Black, R38,95; Bobbi Brown No Smudge Mascara in Black, R320

EXTRA DRAMA

Try L'Oréal Paris Mega Volume Miss Manga, R144,95; GOSH Boombastic Mascara Volume XXL, R149; Wet 'n Wild XXL Lash Thickening Amplifying Mascara, R84,95



CURL

Try Essence The Lash Curler Volume & Curl Mascara R63,50; Clinique High Impact Curling Mascara, R255; Palladio Curls Rule! Herbal Curling Mascara in Black, R79,95



LENGTH

Try Black Opal Boldalicious Lengths Mascara R119; Revlon Grow Luscious Mascara in Blackest Black, R159; GOSH Growth Mascara, R149



Before you throw away your old mascara wand, give it a wash, cleaning the bristles of any formula, and use it for the following...

1) A brow brush: Neaten up unruly brows by gently combing through them with a mascara wand.

2) To tame flyaways/brush your fringe: If you're having a 'bad fringe day', a mascara wand is the perfect size to give it a quick comb through. Spritz some hairspray onto the mascara wand and brush lightly through hair.

3) To separate lashes: A bit overenthusiastic with the mascara there? Comb through wet lashes with a clean, dry comb to declump.

'When it comes to mascara, my rule is to always choose the blackest black – it's the secret to making your eyes pop.'

BOBBI BROWN

Do's & don'ts

from Sylvie Hurford, makeup designer for L'Oréal Paris



✓ DO

curl your lashes before applying mascara, even if your mascara has a curling formula. The mascara will set the curl and it will hold longer.

✗ DON'T

pump the wand into the tube. This action pushes air into the formulation which can change the nature of the mascara.

✓ DO

gently wipe the tip of your mascara brush with a tissue or wet wipe every few days. This avoids build-up of product and possible clumping.

✗ DON'T

keep your mascara for months on end. It should be replaced every six to eight weeks for perfect efficacy.

✓ DO

experiment with colourful mascara. If you aren't feeling brave enough, layer the formula over your black mascara for just a hint of colour.

✗ DON'T

sleep with your mascara on at night. It will seep into the delicate under-eye area while you sleep, cause staining, even wrinkles; remove thoroughly before bed.

WE LOVE:

Tweezerman Eyelash Curler, R250; Inglot Professional Eyelash Curler, R279



convertible curl

Don't allow this clever contraption to intimidate you; it's not a torture device! With a little practice, you'll be able to create a professional curl in seconds. For those of us born with straight or sparse lashes, the eyelash curler is a lifesaver – curling your eyelashes is the quickest and most effective way to make them look fuller and thicker. It instantly lifts eyes and makes them appear more open.

Before you start, ensure lashes are clean, dry and mascara-free. Begin at the base of your lashes, getting all of the lashes into the curler. Hold for no longer than three seconds. Be careful not to get any skin into the curler! Divide the curling process into three segments – the base, middle of the lash and tip of the lash in order to get a natural curl. Do not heat the curler as hot metal can damage the eye.

Our top 5 eye-makeup removers:

Keep raccoon eyes at bay and leave skin feeling freshly clean with our top eye-makeup removers:



- 1 Eucerin DermatoCLEAN Eye Make-up Remover, R89,99
- 2 Bioderma Sensibio H2O Solution Micellaire, R179,95
- 3 Like Silk Eye Make-Up Remover, R42,99
- 4 Comfort Zone Make-Up Remover Eye Care, R275
- 5 Nivea Daily Essentials Extra Gentle Eye Makeup Remover, R49,99

A WORD ON LASH EXTENSIONS

Eyelash extension artist Amanda Steyn gives us her tips and walks us through the process:



'Anyone can have lash extensions – unless you have sensitive eyes caused by seasonal change, wind or stress. Touch-ups are recommended every two to four weeks, depending on your shedding cycle. My personal preference is three weeks. Maintenance costs range from R200-R300 (two-week fill); R300-R400 (three-week fill) and R400-R500 (four-week fill).

Extensions are also a huge plus if you are allergic to mascara. They can be worn while sleeping, swimming and showering – just steer clear of any oil-based make-up remover (so no make-up wipes) and avoid rubbing the eyes or pulling on the extensions. Never use eyelash curlers and be careful when opening the oven door!'

*Amanda is based in Mouille Point, Cape Town; call 082 711 6524.

"Inner beauty is great but a little mascara never hurts..." ANONYMOUS



Overnight Face Oil, R79.95, lipidol.com

BRILLIANT

BEAUTY



We've rounded up our favourite makeup and skincare tips & tricks to save you some hard-earned cash – and get you out of the door faster in the mornings!

1 DOUBLE UP
All out of blusher? No problem! Dot some of your favourite lipstick on your cheekbone and blend it up towards your temple. Stick to soft pinks and reds for this one and remember that less is definitely more.

Try Essence's Longlasting Lipstick in Blush My Lips, R44,50

'Make any creamy lipstick last longer by mattifying it with a bit of translucent powder,' says world-renowned makeup artist Bobbi Brown. After you've applied your lipstick, just dust or dab a little bit of powder over the lips and you're good to go – for longer.

2 MULTI-TASKING TOOTHBRUSH
Spray some hairspray on the bristles of an old toothbrush and comb back any stray strands to blend in with your hair. Voila! Your flyaways will be a thing of the past.

Plus, add volume to your tresses by using the toothbrush as a mini teasing comb. The tiny head will allow you to get close to the scalp and create the volume you want.

Don't throw away your old toothbrushes. Give them a good clean – then reuse them as tress-taming tools!

3 SPOONING
Hold a spoon over your eyelid while you apply mascara. This simple trick will help you avoid those pesky mascara smudges that so often waste valuable time in the morning and are difficult to clean.

While you're at it, you can even use the humble spoon as a makeshift lash curler. Just run it under hot water for a few seconds, dry it off and, while still hot, use it to curl your lashes.

4 HIGHLIGHT & CONCEAL

Instead of dotting concealer under your eyes, use it to draw an upside down triangle under your eye and then blend it in. This will hide any dark circles and flatter your face.

To open up your eyes (and give yourself an instant brow lift), apply highlighter right under and right above your brows and blend it in.

Try Yves Saint Laurent's Touche Éclat Radiant Touch, R580 or Clarins Instant Conceal, R310

5 MANE MANAGEMENT

Be sure to tell your stylist that you want an easy, fuss-free hairstyle that suits your hair type and doesn't take 20 minutes to style. 'A good haircut will save you a lot of time and effort every morning,' says Shelene Shaer from Tanaz Hair, Body & Nails.

A fringe is a great 'anti-ageing' trick, as it covers up any frownlines on your forehead. Got frizzy or curly hair? Shelene suggests getting a keratin treatment just on the fringe to straighten any curls or frizz. Quick fix!

6 COTTON SWABS – AKA MAGIC WANDS

If your cat eye has suddenly gone sad eye, or if they simply don't line up, dip the tip of a cotton swab in some

makeup remover and clean up the lines. No need to start over!

Use one end of a cotton swab to erase bleeding lipstick and mascara mistakes. Use the other end to blend in concealer.

7 OIL UP

Add a few drops of oil to either your body or face cream for an added moisture boost when your skin is experiencing a dry spell. (This has the added bonus of making your – often expensive – moisturisers last longer!)

Fight frizzy hair and dry hands at the same time. Rub a few drops of oil into your hands and then gently smooth it over your hair. Your hair will absorb the oil instead of the moisture in the air, which will stop it from going all frizzy.

Try Bio-Oil, R49,99 for 60ml, or good ol' olive oil will also do the trick.

8 BEAUTY SLEEP

Instead of setting aside time to use a moisturising skin or hair mask, why not sleep with it on? Simply rinse it off the next day and you'll be left with silky soft skin and hair, giving added oomph to your beauty sleep.

Try Optiphi's Classic Hydra Derm HA Masque, R650 for face and Africa Organics Marula Hair Treatment Oil, R85 for hair



4



8

'A good haircut will save you a lot of time and effort every morning.'

SHELENE SHAER, TANAZ HAIR BODY & NAILS



1



7



8



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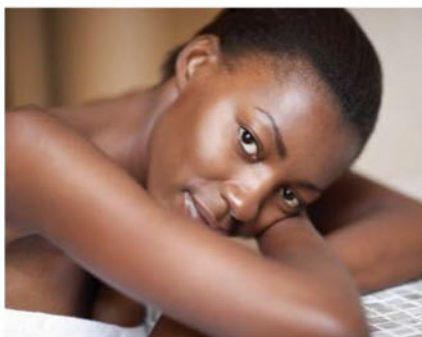
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The image features a woman with her hands gently cupping her face, set against a soft, blue, bokeh-like background. In the foreground, several Thalgo Source Marine skincare products are displayed on a reflective surface. These include a tall tube of 'GEL-CRÈME HYDRA LUMIÈRE 24H', a smaller tube of 'HYDRA MARINE', a jar of 'HYDRA MARINE', and a small blue dropper. The products are arranged in a cluster, with the woman's face as the central focus.

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Ofinger lickin' CHICKEN recipes

Replace your tried-and-tested chicken recipes with these delicious new takes on everyone's favourite bird.



FOOD EDITOR
JUSTINE KIGGEN
PHOTOGRAPHER
ANËL VAN DER MERWE

Harissa chicken with oranges & figs
recipe on page 112



Fried chicken
& potato salad
recipe on page 114



Chicken tikka masala

Serves 4

FOR THE MARINADE

1 cup double cream yoghurt
5cm piece of ginger, peeled and crushed
2 garlic cloves, crushed
Juice of 1 lemon
1 tbsp tomato paste
8 chicken thighs deboned, cut into large cubes

FOR THE SAUCE

1 tbsp oil
1 tbsp butter
1 onion, chopped
5cm piece of fresh ginger, grated
2 garlic cloves, crushed
1 tbsp garam masala
5 fresh curry leaves
1 tsp paprika
2 tbsp tomato purée
1 tin chopped tomato
1 tsp sugar
1½ cups cream

Sea salt and black pepper

TO SERVE

Fresh coriander & poppadoms/naan/rice

1. Place yoghurt, ginger, garlic, lemon and tomato paste in a bowl. Season. Toss in chicken; leave to stand 1 hour.

2. For the sauce: Heat a large pan, add oil and butter, allow to melt. Toss in onion, cook until golden, then add ginger and garlic and spices; sauté for an additional 2–3 min.

3. Add the tomato purée, cook for 30 seconds, then pour in chopped tomatoes. Bring to a boil, then simmer for 30 min. Add the sugar and cream and cook for another 5 min.

4. Preheat the oven grill, thread chicken cubes onto pre-soaked kebab sticks and cook under the grill until golden and cooked through. Remove from the skewers and add to the sauce. Stir well to combine and season.

5. To serve: Garnish chicken with fresh coriander and serve with basmati rice or naan bread and poppadoms.



Chicken tikka masala

Apricot mustard chicken

Serves 4

1 cup apricot chutney (we used Mrs Ball's Chutney)

¼ cup butter, melted

1 tbsp grain mustard

2 onions, sliced into quarters

8 chicken thighs, skin on

3 naartjies, halved

Sea salt and black pepper

Fresh sage, to garnish

Savoury rice, to serve

1. Preheat the oven to 180°C. Mix together the chutney, butter and mustard. Place the onions in the base of a roasting dish and top with the chicken thighs, spread over the chutney mix-

ture and season well. Place the naartjies around the dish.

2. Roast for 40–50 min until golden and cooked through.

3. To serve: Garnish with the sage and serve accompanied by savoury rice.

Harissa chicken with oranges & figs

Serves 4

1 whole chicken

2 tbsp harissa paste

Grated zest of ½ an orange

¼ cup olive oil

Sea salt and black pepper



Apricot mustard chicken
recipe on page 112



Piri-piri chicken with baby potatoes

3 figs, halved
1 orange, cut into quarters
2 cups chicken stock

FOR THE CHICKPEA COUSCOUS

1 x 400g tin chickpeas; drained, rinsed
2 cups couscous, cooked
10g flatleaf parsley, chopped
5g mint, chopped
50g pomegranate rubies
Olive oil and lemon juice, to drizzle

1. Preheat the oven to 180°C. Place chicken in a roasting pan. Mix together harissa, orange zest and olive oil; spread mixture all over chicken and season. Place a few figs and orange quarters in the cavity and tie the drumsticks together. Scatter the rest of the oranges and figs around chicken; pour over stock. Roast for 1hr15 min or until cooked through.

2. For the chickpea couscous: Place all the ingredients except the

olive oil and lemon juice in a large bowl. Drizzle liberally with the olive oil and lemon juice. Season well. Stir to combine.

3. To serve: Serve the chicken with the couscous.

Piri-piri chicken with baby potatoes

Serves 4

FOR THE PIRI-PIRI SAUCE

3 red chillies, chopped
2 garlic cloves
1 tsp sea salt flakes
1 tsp paprika
Juice of 1 lemon
1 tsp dried oregano
½ cup olive oil
Sea salt and black pepper

1 chicken, spatchcocked
1kg baby potatoes

2 whole heads garlic, halved
Rosemary sprigs
3 fresh bay leaves
2 tbsp butter
¼ cup olive oil

1. For piri-piri sauce: Pound chillies, garlic and salt in a pestle & mortar until combined. Spoon into a bowl; add paprika, lemon juice and oregano; stir to combine, then whisk in the olive oil. Season well, with lots of black pepper. Spread mixture all over chicken, slash meat of drumsticks and rub mixture into the drumsticks.

2. Preheat oven to 180°C. Place potatoes and garlic heads in the base of a roasting dish, top with chicken, breast side down. Scatter over rosemary, bay leaves, butter and olive oil. Season well.

3. Bake for 1 hour, turning chicken over after 30 min. Turn up the heat to 200°C and roast for another 30 min or until chicken is cooked and crispy.

4. To serve: Serve chicken with potatoes and Portuguese rolls.

Fried chicken & potato salad

Serves 4

6 drumsticks
6 thighs on the bone
Sea salt and black pepper
1½ cups buttermilk
3 cups chicken stock

FOR THE COATING

1½ cups seasoned flour
3 extra-large eggs, beaten
2 cup cornflakes, crushed
3 cups sunflower oil, to fry

FOR THE POTATO SALAD

500g waxy potatoes, cooked and cubed
2–3 boiled eggs, chopped or grated
6 baby gherkins, chopped
5g chives, chopped

FOR THE DRESSING

1 cup mayonnaise
½ cup sour cream
Juice of 1 lemon
2 tsp sugar

Creamy chicken & bacon pasta

Serves 4

400g pasta, cooked, drained and set aside

150g bacon, chopped

1 tsp dried rosemary

4 chicken breasts cut into strips

1 cup chicken stock

1 cup sour cream

Sea salt and black pepper to serve

Fresh basil to garnish

parmesan to serve

1. Heat a medium frying pan; add the bacon and sauté until golden, remove and set aside on paper towel to drain, reserving the fat in the pan.

2. Sprinkle rosemary over chicken strips. Sauté chicken in batches in pan, until golden. Return all the

chicken and bacon to the pan, add the stock and cream and bring to a boil. Reduce to a simmer for 5 min. Season.

3. To serve: Toss the sauce with the cooked pasta and top with basil and grated parmesan.



1. Season chicken in a bowl; pour over buttermilk. Cover, set aside for 30 min.
2. Heat stock in a large saucepan. Add chicken pieces in batches, bring to a boil and simmer for about 15 min or until cooked. Place cooked chicken pieces on a baking tray to dry and cool.
3. Place the flour, eggs and cornflakes in 3 separate bowls.
4. Dip the chicken first in flour, then the egg, then the cornflakes.
5. Line a baking tray with paper towel. Heat oil in a pot and fry chicken pieces for about 8 min or until golden and crisp. Drain on paper towel. Keep warm.
6. **For the potato salad:** Place potatoes, egg, gherkins and chives in a bowl. Season well; stir to combine.
7. **For the dressing:** In a jug, stir together dressing ingredients and pour over salad; stir to coat the potatoes.
8. **To serve:** Serve the chicken with the potato salad.

Greek chicken souvlaki

Serves 4

4 chicken breasts on the bone, skin on
Juice of 1 lemon
½ cup olive oil
1 tbsp dried oregano
Sea salt and black pepper

FOR THE GREEK SALAD
4 roma tomatoes, cubed
50g black kalamata olives
100g feta disc
1 Mediterranean cucumber, cubed
½ red onion, chopped

TO SERVE
4 pita breads, toasted
1 cup tzatziki
Fresh coriander

1. Place the chicken breasts in a dish. In a bowl mix together the lemon juice, olive oil and dried oregano; rub all over the chicken breasts and season well.
2. Preheat the oven grill or a griddle pan, cook the chicken until golden and crispy and cooked through. Remove and set aside. Slice the chicken.
3. Toss together salad ingredients.
4. **To serve:** Spread the tzatziki on



the pita breads, top with a sliced chicken breast and the salad, serve at once.

Teriyaki chicken wings

Serves 4

16 chicken wings

FOR THE MARINADE
¼ cup teriyaki sauce
2 tsp ground ginger
2 tbsp honey
White pepper

TO SERVE
Micro leaf salad
Limes, sliced
Sweet chilli sauce

1. Place wings in a shallow bowl. Stir together marinade ingredients; pour over wings; allow to stand for 10 min.
2. Preheat the oven to 200°C. Place the wings in a roasting pan and roast



- for 20–30 min, turning and basting 2–3 times until crispy and golden.
3. **To serve:** Serve the wings scattered with micro leaves, with limes and sweet chilli sauce on the side. ❖

FOOD ASSISTANT: PIA-ALEXA DUARTE



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how to make TWICE-BAKED CITRUS soufflé

SERVES 5

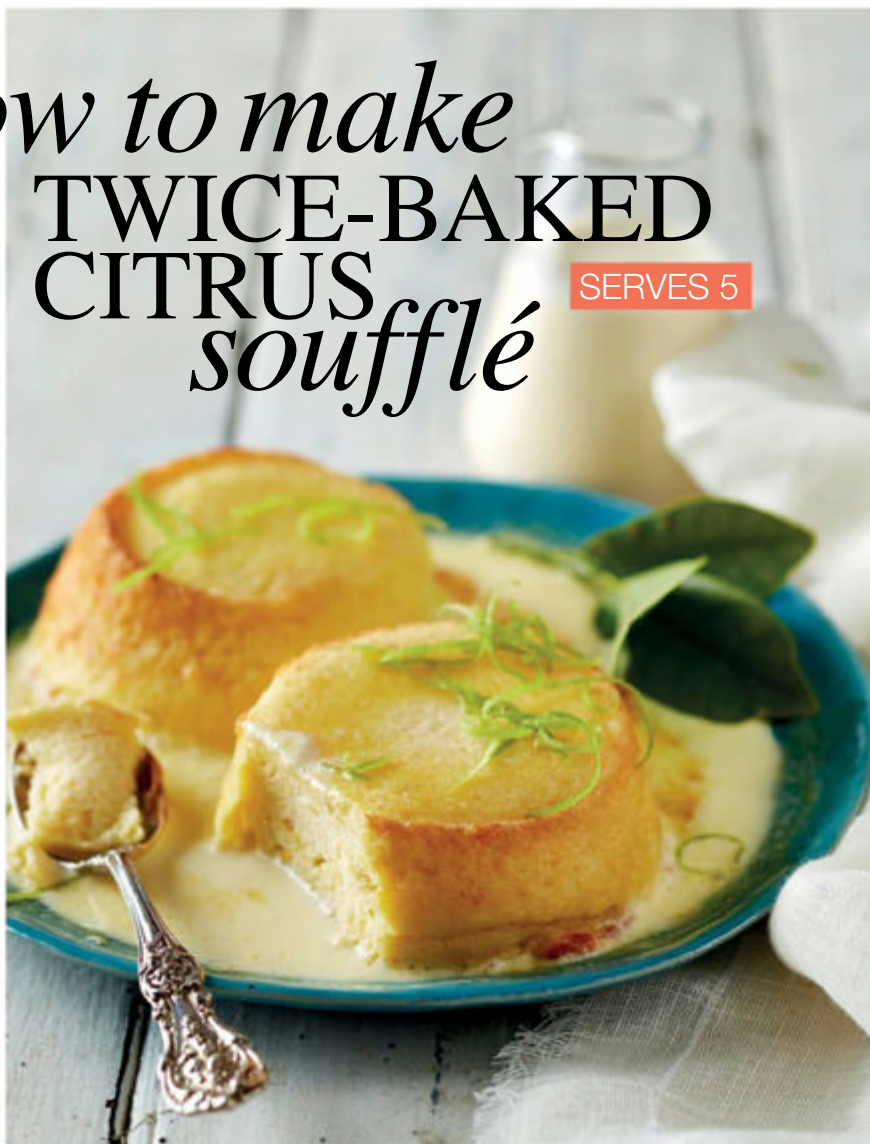
You will need:

40g butter
40g flour
½ cup milk
4 extra-large eggs, separated
Zest and juice of 1 orange
Zest of 1 lemon and 1 lime
50g plain cream cheese
50g castor sugar, plus extra
for dusting
Pinch of salt
Butter, melted for bushing
Lemon zest, to garnish

STEP 1



Melt butter in a saucepan. Add flour; stir to form a thick paste. Slowly add milk; mix until well incorporated then allow to cool. In another bowl, whisk together yolks, orange juice, zests, cream cheese and sugar; beat into cooled flour mixture.



STEP 2



Whisk egg whites to stiff peaks with salt. Carefully fold egg yolk mixture into egg whites. Pour mixture into a jug.

STEP 3



Divide the mixture between 5x200ml ramekins brushed with melted butter and dusted with extra castor sugar.

STEP 4



Bake soufflés at 170°C for 25 minutes or until well risen. Remove from oven and leave to cool. (At this stage the soufflés may be wrapped in clingwrap and stored in the fridge for up to 2 days.) Remove soufflés from ramekins and invert onto ovenproof plates. Pour 3 tbsps cream over each soufflé and bake at 180°C for 4–10 minutes or until puffed up and golden.

To
serve

Serve soufflés warm,
garnished with lemon zest.



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ingredient of the month

FOOD EDITOR JUSTINE KIGGEN

PHOTOGRAPHER ANËL VAN DER MERWE

CHEESE AND MUSTARD SCONES

MAKES 9 SCONES

Main ingredient



300g cake flour, plus extra for rolling out
¼ tsp salt
1 tbsp baking powder
80g butter, plus extra to serve
½ cup grated mature white cheddar, plus extra to serve
¾ – 1 cup buttermilk
1 extra large egg, plus extra for brushing
1 tsp hot English mustard
Fresh thyme, to serve (optional)

1. Preheat oven to 200°C. Sift dry ingredients together in a bowl. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Add grated cheese.
2. Beat together buttermilk, egg, mustard and thyme. Make a well in the centre of the dry ingredients and add enough of the buttermilk mixture to form a soft dough. Turn out onto a lightly floured surface and knead gently once or twice until smooth but not elastic.
3. Pat out dough to 2cm thick and cut out 9 scones with a 5cm scone cutter. Arrange scones on a greased baking tray and bake for 10–15 minutes or until well risen and golden brown.
4. **To serve:** Serve warm scones with lashings of butter, grated cheese and fresh thyme.



a bit on the side!



ZZZ tomatoes: Perfectly ripe and flavourful, these tasty, bite-sized tomatoes are great for slicing and serving on scones. **R8,99**



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Lancewood cream cheese is delicious spread on freshly baked scones, topped with fresh chopped herbs. Allowing it to come to room temperature makes it velvety and spreadable. **R29 for 250g**

FOOD ASSISTANT: PIA-ALEXA DUARTE

gin

It's a thing

'Of all the gin joints in all the towns in all the world, she walks into mine...'
HUMPHREY BOGART, CASABLANCA



About six years ago, my friend Sarah suggested we just chuck it all in and open a Gin Joint. The idea was to create a club (kind of based on the old English Men's clubs, just with slightly softer, shabbier, more enveloping chairs) where women could pop in on their way home from work for a quiet, restorative gin. Or two. We imagined it as a halfway house between the massive demands of work and the even more massive demands of kids and home: a refuge that would offer not only escape, but also a place to reclaim some sense of self, albeit fleetingly. Just dreaming about it was enough to get us both through the worst of early working motherhood, so it served its purpose. But now I almost wish we'd done it – because gin is very definitely IN, in the biggest possible way.



Basically, there are three different types of gin: if it's called 'distilled gin' it means the juniper berries (which are what give gin its distinctive taste) are distilled with the alcohol; if it's just called 'gin' it means the essence has been extracted from the juniper separately and simply added at the end of the process, like cordial. And if it's called 'London Dry Gin' (a method, rather than a location), it means the juniper is distilled with the alcohol and the sugar content has to be less than 0.1g/litre (hence 'dry').

So – how best to drink it?

My favourite gins at the moment are these, and I enjoy them all in different ways: Inverroche is gorgeous to sip just on its own, but in general, if you're not drinking it in the form of a martini, then my recommendation would be the classic gin and tonic, with ice.

Then, depending on what kind of gin it is, you can feel free to add a slice of lemon (purists often insist on just the lemon zest rather than the whole slice, because the oil in the skin complements the oil of the juniper berries and doesn't dilute the drink). Hendrick's is particularly lovely with sliced cucumber instead of lemon, and Bombay Sapphire is superb with a dash or two of Angostura bitters.

Incidentally, according to a friend in New York, making your own bitters is the next big thing. You saw it here first! ♣



and Rob Mulholland opened Mother's Ruin, a Gin Bar where they serve 60 different varieties of the stuff. Gin really is a thing.

This is partly because the taste has become more refined and interesting over the years, and partly because it's relatively easy to make: unlike whisky or Lindsay Lohan, gin doesn't need to mature. New gins offer all kinds of different tastes and blends: Jorgensen's is a little spicy and gingery, while Inverroche has three different labels, using various essences of Cape fynbos.

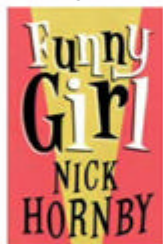
In the UK, gin production has already taken on the proportions of the Craft Beer explosion, with people like us making it everywhere from a makeshift distillery in their sitting rooms to original refurbished stills. And South Africa is not far behind: we've long been one of the top 10 gin-drinking countries in the world, but now we're starting to produce our own here too – and some are really lovely (Jorgensen's and Inverroche spring to mind).

Plus, a couple of months ago, quite handily up the road from the FAIRLADY office, brothers Mark

BOOKS

Funny Girl

By Nick Hornby
(Viking)



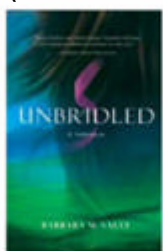
Small-town Barbara dreams of becoming a comedy star like her idol, Lucille Ball, but fears she will always be seen as just a pretty face.

Then she meets BBC comedy writers Tony and Bill, who are looking for someone to star in a sitcom. Barbara, with her natural capacity for comedy and unstylish Blackpool accent, fits the bill as the other half of an unlikely on-screen couple, Barbara and Jim. The book takes a look at the start of Britain's golden age in comedy, and the rapid development into a time more racy and ostentatious than ever before. A fantastic mix of history and fiction – I loved it.

Sandra Parmee

Unbridled

By Barbara McNally
(Balboa Press)

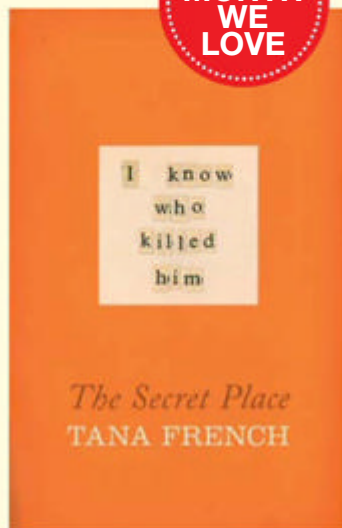


In this true-life story, Barbara McNally's seemingly perfect marriage has ended. Bruised by the condemnation of her religious family, she is determined to make

sense of her life again. First there is a trip to Ireland, where she seeks out the roots of her adventurous gran, Pat. Here she encounters folk who follow a Celtic Christianity and she begins questioning her own upbringing. Then she finds herself setting off on a hedonistic escape to Jamaica. Told with refreshing honesty, McNally's journey of discovery into the meaning of freedom will have you wanting to embark upon a similar quest.

Ricky Woods

THIS
MONTH
WE
LOVE



The Secret Place

By Tana French
(Viking Adult)

A year after a schoolboy is found dead on the grounds of the neighbouring girls' school, detective Stephen Moran receives an anonymous clue: a picture of 16-year-old Chris with the words 'I know who killed him' stuck onto it, ransom-note style. Over the course of a day at St Kilda's ('Girls' secondary, private, leafy suburb. Nuns.'), Moran and his partner Antoinette Conway question the eight possible girls who could have written the note. The only problem? The two groups of girls hate each other, and are being less than cooperative. As they start picking through the evidence, half-truths and outright lies, Moran and Conway have to decipher hair flicks, eye rolls and character evaluations like 'They're, ohmyGod, so weird'. While the investigation unfolds, every second chapter tells the story of what happened between the girls in the year leading up to the murder, until all is finally revealed. An intricately plotted whodunit with a dash of magical realism. Brilliant.

Liesl Robertson

The Beekeeper's Daughter

By Santa Montefiore
(Simon & Schuster)



It's 1973 and Trixie is in love with the lead singer of a British rock band, Jasper, who has come to spend the summer on the island of Tekanasset,

Massachusetts, where she lives. She plans to run away with him because she doesn't want to be stuck on the island like her mother, Grace – who left England at the end of the war with her husband Freddie and became gardener to the rich on the island. When Jasper needs to leave the island suddenly, his departure brings back memories that Grace has tried to put behind her, a past Trixie is unaware of but that could be her own future. I couldn't put it down...

Crystal Matthews

Behind Closed Doors

By Susan Lewis
(Century)



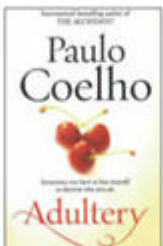
This is a powerful story of how the life of a young girl can change in a heartbeat. Sophie Monroe, a teenager, vanishes one night, along with her mobile phone,

computer and clothes. To an onlooker it would seem she's run away from home. For Detective Sergeant Andrea Lawrence the case proves to be a painful reminder of when her own sister, Penny, went missing 20 years before. Penny was never found, and Andrea starts to question herself and whether her mission is a futile one. A great read, which combines family dynamics, crime, courtroom drama and a love story.

Dominique Smith

Adultery

By Paulo Coelho
(Knopf)



Linda seems to have the perfect life: a gorgeous husband who absolutely adores her, two beautiful children, and a fantastic house in one of the most idyllic countries in the world. But when she opens her eyes in the morning, she wants to close them again. She's bored, maybe even depressed. She considers medication and therapy, but right around the time that she starts seeing a therapist, she bumps into her first boyfriend from high school. Soon she is torn between her life as wife, mother and successful journalist – and the excitement that comes with having an affair. Linda heads down an unexpected, dangerous path, and finds a part of herself she thought had disappeared.

Anèl van der Merwe

The Ties that Bind

By Praba Moodley
(Kwela)



KZN, early 1990s. Three women meet at work and a friendship blossoms. Gaya, the narrator, is a divorced mother of three. Suhina, a Hindu girl, has met up with her childhood sweetheart, a Muslim. She is determined to make the relationship work, despite her family's objections. Rupa has not seen her husband for years. An anti-apartheid activist, he made Rupa and their two daughters return to her parents while he fled the country. Then a girls' weekend away has abysmal, far-reaching consequences, leaving the friends with a terrible secret they would have to carry for many years. A moving read on the alienation that the apartheid system forced upon the lives of so many of our citizens.

Ricky Woods

The Sunrise

By Victoria Hislop
(Headline Review)



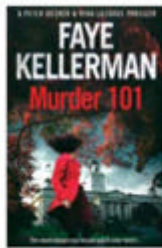
This novel is set in Cypress, 1972. Famagusta is a glamorous resort and tourists flock to the fancy hotels and beautiful beaches. The wealthy stay at

The Sunrise, a hotel owned and built by Savvas Papacosta and his wife Aphrodit. Here Greek and Turkish Cypriots work happily alongside each other. But in the distance, civil unrest is brewing. It all comes to a head in 1974, when Turkey invades Cyprus. Famagusta is shelled, forcing 40 000 Greeks and Turks to flee their homes. Caught up in the conflict are two families from either side who stay behind, surrounded by the destruction. Central to the story is an unlikely love affair which affects both families. An interesting, action-packed read.

Sally Kramer

Murder 101

By Faye Kellerman
(William Morrow)



Peter Decker recently retired from the LAPD and has moved with his wife to a picturesque college town in New York to be closer to their

children. At first Peter is bored with his new job at the local copshop as not much crime happens in the small town, but when a student at one of the exclusive local colleges is murdered, Decker and his new partner, Tyler McAdams, finally have something to keep them busy. I didn't enjoy this book, to be honest; if you're a die-hard Peter Decker/Rina Lazarus fan, you'll be disappointed by the tedious detail and monotonous conversations. If you have never read a Decker/Lazarus book, don't make this your first.

Erla Rabe

MEET

Rae Rivers



Local author Rae Rivers signed a four-book deal with highly esteemed publisher HarperCollins.

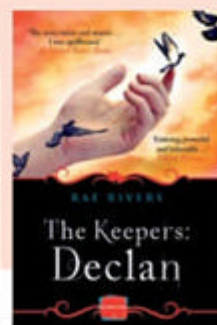
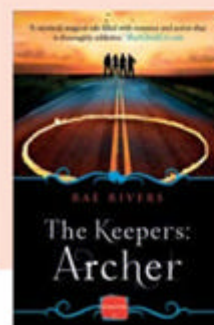
It was my heroine, Sienna, who came to mind first – a powerful modern day witch destined to protect the balance of nature, the secret of her magic, and the innocent people around her. In doing so she would face great danger, so I developed the idea of Archer – a warrior devoted to protecting her. When I realised that Archer came with two equally gorgeous brothers, Declan and Ethan, I was hooked and couldn't wait to write their stories!

Writing a paranormal romance was a genre shift for me. I'd only written romantic suspense before, but I soon became totally immersed in this new world. Although I try to be accurate in certain aspects, there are many other areas where I can be as daring and creative as I like.

When I finished the book, I pitched the series to HarperCollins. Three weeks later, I was thrilled to receive The Call from one of their editors – she loved my book!

My advice to hopeful writers is to improve your craft by reading as much as you can. Reach out to other authors – we're supportive and friendly! Join writing groups; SA has a fantastic romance writing organisation, ROSA, which has been a huge support. And keep writing.

I'm eager to explore my next writing project; it's also a series and, fortunately, my editors are as enthusiastic about this new idea as I am! ❖



• *in your*

BY CARYN MCARTHY

Garden

for the love of DAHLIAS

I grew up with dahlias, which thrived in the Zimbabwean heat. For a while it seemed as if they'd just disappeared, but they're back! Here's advice on how to grow these gorgeous blooms, from a father and son who are passionate about them.

The hot weather of Gauteng and surrounds is also perfect for dahlias.

THE GERRIE HOEK IS MALCOLM'S PRIDE AND JOY.



Down a dusty, leafy lane in Constantia lives a garden all gardeners would give their eye teeth for. This isn't just any garden – it's a beautiful piece of land that has been lovingly farmed by the Jaftha family for the last 40 or so years. In this lush green belt, Malcolm and his father Moses have been cultivating an array of flowers, in particular, dahlias – their lifelong passion.

The Gerrie Hoek dahlia is one of their specialities – the bulbs date back more than 28 years! They are also a firm favourite of mine. With their pretty pink blush and hint of yellow inner, they're perfect for picking, and will make any table setting a delight.





FATHER AND SON TODAY: MOSES (LEFT) AND MALCOLM STAND IN A FIELD OF DAHLIAS; INSET: MOSES HOLDING MALCOLM, AGED 2

Malcolm sells the most gorgeous array of cut flowers. I make a point of going very early in the morning – it's a real tonic for the soul.

THESE ARE JUST SOME OF THE FLOWERS MOSES AND MALCOLM SELL:

- Dahlias (these fly, so get there very early. But not before I've been, please!)
- Snapdragons
- Inca lilies
- St Joseph's lilies
- Stargazers (the size of dinner plates when they open)
- Chester daisies
- Chamomile daisies
- Hydrangeas
- Strelitzia
- Poppies
- Freesias (my all-time fave)
- Violets



Great tip!

When you've cut down your dahlias and harvested their bulbs, don't throw away the stems – they are perfect for planting sweet peas. Malcolm takes the dahlia cuttings and forms long heaps that he waters regularly. In time these become perfect compost mounds for the sweet peas to be planted into. Look out for our May issue on how to plant sweet peas.



How to plant

WHEN Plant your bulbs at the beginning of October.

HOW 'Dahlias are pretty easy to grow,' says Malcolm, 'as bulbs are hardy, and you have the added bonus of them multiplying.'

1. Prepare your soil by mixing a generous scoop of manure into the soil.
2. Separate your bulbs and place them on top of the soil mixture. Cover them with soil and water well. Don't push down too hard.
3. Water regularly.

WHEN WILL THEY BLOOM?

The first flush will be in December, just in time for your festive table!

Harvesting the bulbs

Towards the end of May, before the real cold weather sets in, dig up all your bulbs and store in a dark, dry place, covered with loose soil. It's important that no light and moisture get in.

You can find Malcolm in Brounger Road, off Spaanschemat River Road in Klein Constantia (behind Peddlars On The Bend).



Great tip!

When you've cut your dahlias, dip the cut ends into boiling water for 30 seconds and remove. This will make them last much longer. I also change the water in the vase as the stems tend to discolour the water, which can get rather smelly if left too long.



in your

Let us do your homework for you! This is what we think is really gorgeous right now.

BY LIESL ROBERTSON

Home

SCATTERBRAIN

Give your lounge or bedroom an instant lift with some new scatter cushions.



DIGITAL ORCHID CUSHION (R139,99)
MR PRICE HOME



HANDPRINTED BRANCH COVER (R350)
LOVE MILO



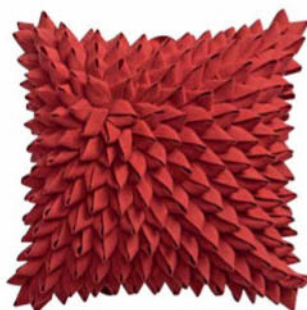
HOT AIR BALLOONS CUSHION (R295
FOR COVER, R130 FOR INNER) A LOVE
SUPREME, PRESENTSPACE



ZOO ANIMALS CUSHION (R415 FOR
COVER, R50 FOR INNER) DESIGNKIST, KIN



POLLY RABBIT CUSHION (R300)
MENAGERIE, PRESENTSPACE



3D LOOPED FELT SCATTER (R350)
WOOLWORTHS



ETCHED BUNNY SCATTER (R160)
WOOLWORTHS



BOTANICAL CUSHION COVER (R569)
ROOM 13 COLLECTION

Swap them seasonally – think fresh, bright cushions for summer, and when the temperatures drop come winter, cosy up to cushions in luxe fabrics and muted colours.



LINEN WATERCOLOUR CLOUDS CUSHION
(R485) TOUCHEE FEELEE
@ HELLO PRETTY



WATERMELON ORIGAMI RABBIT SCATTER
CUSHION (R280) ARTVRAAT



ALOE 1 SCATTER COVER (R495) CLINTON
FRIEDMAN, ESQUE



YELLOW PRINTED SCATTER CUSHION
(R159,99) MR PRICE HOME



REIKO GEOMETRIC SCATTER CUSHION
(R225) LINENHOUSE @ SPREE.CO.ZA



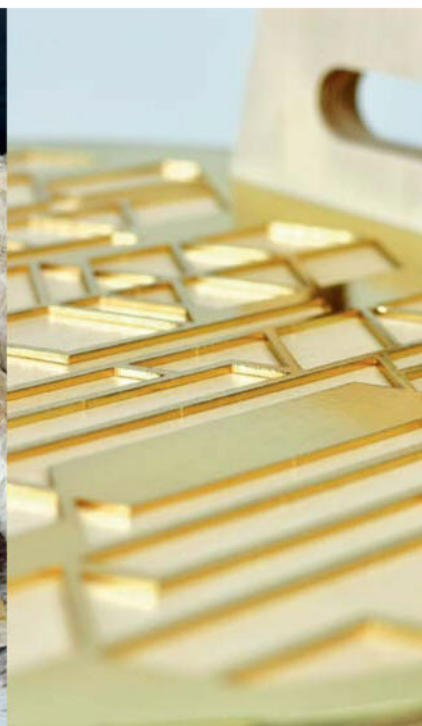
PRINTED SCATTER IN BLUES (R180)
WOOLWORTHS



GEOMETRIC BLACK FELT CUSHION
COVER (R345) LUVLEE STUFF
@ SPREE.CO.ZA



GET CUSHY OWL CUSHION (R299,99) TYPO



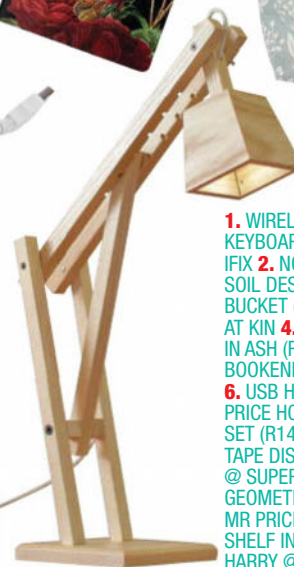
PICK
of the
MONTH

Carry table

Chris Read of the International Trend Institute in Durban says the metallic trend is still strong this year (think gold, copper, brass and bronze), as is minimalist, Scandi-inspired design, with its light wood and geometric shapes. We think this handy carry table is the perfect combination of the two – the raw birch ply structure highlights the polished brass-plated top, and we love the intricate geometric design. It's handy too: the angled leg design fits close to seating and it's at the perfect height for a laptop. The pattern was custom-designed by Giulia Odendaal of Leg Studios. 'I drew inspiration from various nomadic, contemporary and African patterns and made sure the cuts were small enough so you can put down a coffee cup or wine glass without worrying about the uneven surface,' she says. **Carry table (R1880) Leg Studios @ Hello Pretty**

Deskbound

Is your home office cramping your style? We found some stylish and functional pieces to liven up your workspace. If you're a bit strapped for cash, look for small elements to brighten up your desk – cute new pens and notebooks, bookends or a pretty pot plant.



1. WIRELESS BAMBOO KEYBOARD (R899) HOUDT AT IFIX
2. NOTEBOOKS (R105 EACH) SOIL DESIGN AT KIN
3. SOFT BUCKET (R150) SKINNY LA MINX AT KIN
4. SHINE YOUR LIGHT LAMP IN ASH (R1 999) ESQUE
5. MITCH BOOKEND (R249) COUNTRY ROAD
6. USB HUB MAN (R49.99) MR PRICE HOME
7. STATIONERY BOX SET (R149.95) TYPO
8. CASSETTE TAPE DISPENSER (R199) J-ME @ SUPERBALIST
9. PRINTED GEOMETRIC RUG (R299.99) MR PRICE HOME
10. ENVELOPE SHELF IN GREY (R120) HAPPY HARRY @ SPREE.CO.ZA
11. SET OF 3 STORAGE DRAWERS IN WHITE (R225) NEST @ SPREE.CO.ZA

in your

Kitchen

BY JUSTINE KIGGEN
PHOTOGRAPHS ANËL VAN DER MERWE

Quick ways with eggs, how to blanch, use allspice & season a wok, plus products to try...

4 quick ways with BOILED EGGS



1. SCOTCH EGGS

Combine 500g pork sausage mince with 2 tbsp chopped herbs. Carefully encase 4 peeled soft-boiled eggs in the sausage mixture, then roll them in seasoned flour, beaten egg and breadcrumbs. Fry in vegetable oil at a gentle heat until golden brown before baking at 180°C for 10 minutes to ensure mince is cooked through.

2. EGGS MIMOSA

Halve 4 hardboiled eggs; place the yolks into a bowl and arrange the egg whites on a plate. Add ¼ cup plain, full fat yoghurt and 2 tbsp mayonnaise to the yolks; season. Beat until smooth and creamy. Place mixture in a piping bag and pipe onto the egg whites. Top with a sprinkling of chopped chives.

3. QUICK EGG CURRY

Fry 1 sliced onion in 1 tbsp butter until soft. Add 1 tbsp curry powder, 1 tsp mustard seeds and 2 tbsp chutney, cook for 1 minute then add 1 cup vegetable stock and simmer for 5 minutes. Add 100g blanched green beans and season. Arrange boiled eggs on a serving platter with curry mixture.

4. EGG SALAD SARMIES

Toss together ½ finely chopped red onion, 4 diced gherkins, 3 tbsp mayonnaise, 1 diced tomato and 3 roughly chopped hardboiled eggs. Season and serve on crusty bread with micro leaf salad.

All about...

FOOD ASSISTANT: PIA-ALEXA DUARTE



... seasoning a wok

Seasoning a wok is important as the material used to make the wok is often porous, which means it may rust over time. Seasoning prevents this from happening and extends the life of your wok. Add oil to a wok over a high heat, then wipe clean and repeat five or six times.

... allspice berries

These small dried berries are very aromatic, like a mixture of cloves and cinnamon. They are used in pickling, casseroles, curries, desserts and as part of seasonings and rubs. Dry-toast them helps release their oils and gives even more flavour. Store in an airtight jar away from sunlight.

... blanching

Blanching means cooking veggies briefly in boiling water (anything from a few seconds to a few minutes, depending on the vegetable) to enhance their colour, texture and flavour while getting rid of any surface dirt or bacteria, then plunging them into ice water to stop the cooking process.

TRIED THESE YET?



SRIRACHA HOT CHILLI SAUCE: THIS THAI HOT CHILLI SAUCE IS DELICIOUS WITH ALMOST ANY SAVOURY DISH THAT NEEDS A BIT OF SPICE. R59,95 FOR A 455ml BOTTLE, FROM SELECTED STORES



BAKERS GOOD MORNING BISCUITS: THE IDEAL ON-THE-GO BREAKFAST TREAT, AVAILABLE IN MIXED BERRIES, MILK & CEREALS, AND CHOCOLATE. FROM R24,99 FOR 300g



THE VERJUICE CO.'S VERJUICE: THIS UNFERMENTED, NON-ALCOHOLIC GRAPE JUICE HAS A DELICATE FLAVOUR AND CAN BE USED AS A SUBSTITUTE FOR WHITE WINE IN COOKING, FROM R59,95 FOR 750ml

GREEN HARVEST VINO COTTO: AKA SABA OR SAPA, VINO COTTO IS A CONCENTRATED TANGY SYRUP MADE FROM RIPE GRAPES THAT CAN BE USED IN BOTH SWEET AND SAVOURY DISHES. R85 FOR 500ml, FROM SELECTED STORES



BUTTANUTT ROASTED ALMOND SPREAD: DELICIOUS AND NUTRITIOUS, ENJOY IT SPREAD ON TOAST OR MIXED WITH YOGHURT AND GRANOLA. FROM R74,99 FOR 260g AT SELECTED HEALTH STORES



FINCH AND LEEDES MIXERS: IN LEMONADE, BITTER LEMON, INDIAN TONIC, GINGER ALE AND CLUB SODA. FROM R10 FOR 200ml OR R240 FOR 24



*Prices correct at time of going to print; may vary from store to store.

your

Pets

From interactive play to what we are loving this month...

INTERACTIVE PLAY!

Dog trainers, animal behaviourists and vets advocate mental stimulation, along with physical exercise, to help alleviate destructive behaviour in dogs.

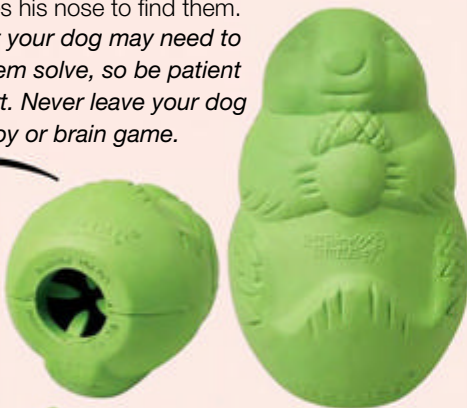
- **Buster cubes**, and other treat dispensing toys, reward your dog for problem solving as he paws and bumps at the cube or toy to retrieve the treat. (Avoid imitations, which may break more easily.)
- **Kongs** provide an opportunity to chew, which exercises the jaw, and to problem solve as the dog works out how to get to the hidden delights packed inside. Frozen Kongs are perfect for teething puppies.
- Scatter a handful of dried dog kibble or treats around the garden and encourage your dog to look for them. You may need to help your dogs on their first attempt, but once they know how, most breeds of dog love this fun, exciting game.

PLEASE NOTE: You cannot play this game if you use pesticides or herbicides in your garden.

- Hide treats under a blanket, towel or just under the couch, so that your dog uses his nose to find them.

NB: Remember that your dog may need to learn *HOW* to problem solve, so be patient and reward his effort. Never leave your dog unattended with a toy or brain game.

Put treats into the Busy Buddy Puppy Squirrel Dude treat dispensing toy from underneath. From R89,95 at Perky Pets, vetshops and selected vets.
Note: Best used under supervision.



Green mini interactive feeder (also available in original size) slows down eating time and turns your dog's meal into a fun, interactive game. From R249 at Perky Pets, vetshops and selected vets.
Note: Flat-nosed pups might struggle to use these.



Ask Kathy Clayton

Senior accredited animal behaviourist and professional dog trainer



Q We have brother and sister dachshunds, Stitch and

Lilo. Stitch has been 'eating' his sister's ear since they were one-year-olds (they're four now). When we scold him, he slides her icky, gobby ear out of his mouth, and poor Lilo has a gooey wet ear for the rest of the evening. I think he does this in lieu of a 'safety blanket'. Am I wrong? How do we get him to give her a break?

Kathy: Many dogs that are weaned too early resort to 'suckling' – on things like blankets or socks, or on another dog. Lilo is doing this to Stitch. If your dogs were taken away from the mother too early, this may be the reason he is suckling on Lilo's ear. However, Lilo can't be too unhappy about the situation as she allows him to do it!

Another reason he continues with this behaviour is that he is getting attention from his humans. Dogs like any attention, even if it is negative – like your scolding.

This behaviour is now a habit and has become a 'drug' to him – the suckling puts him into a trance-like state which he enjoys. The best thing is to ignore the behaviour; don't say anything – and even walk away when it happens. Most dogs stop what they are up to to see what their humans are doing. When you walk away, and Stitch follows, make a fuss of him following you, interact with him and you will distract him from suckling. Keep doing this and you will break the habit.

Kathy Clayton (011) 783 3042, kcdogs@global.co.za or www.kcdogschool.co.za

What is catnip?

Catnip is part of the mint family. It contains the organic compound nepetalactone, which, when isolated from the plant, attracts cats. In sensitive cats, it can have quite an effect, giving them a 'high'.



1



NEW
on
SHELF

OM3 OMEGA
DEEP SEA
FISH OIL (R75
200ML) WWW.
VONDY.CO.ZA

Popular grain-based pet food, made with grain-fed animal products, can upset the omega-3/omega-6 balance in favour of the latter. This often causes inflammation, making the animal more vulnerable to chronic disease. The anti-inflammatory properties of omega-3s help improve the health of your pet's skin and coat, and alleviate allergies, itching and arthritis. Omega-3 is also crucial to brain development.

Beatrice Rabkin (BSc. Nutritional Medicine; Dip Pharm) recommends VONDY'S OM3 OMEGA

FISH OILS for skin and joints as it has a high percentage of omega-3, no preservatives or alcohol are added, peroxides are low, and heavy metals have been removed.

THIS MONTH WE LOVE ...



2



3



7

1. MARLTONS CATNIP DROPS (FROM R29,90) AT SELECTED PET SHOPS & PERKY PETS
2. PET CAR SEAT PROTECTOR (R229,99) MR PRICE HOME
3. TEETH CLEANER (R39,99) MR PRICE HOME 4. DOG CUT-OUT HANGING PICTURE (R269) STARKE AYRES
5. FUN KITTY TWIST 'N TREAT (R59) WWW.SHINGAVET.CO.ZA
6. ROGZ COWBOYZ TOY IN VARIOUS COLOURS AND SIZES (FROM R99,95 FOR MEDIUM); VET SHOPS & PET SHOPS
7. NYLABONE CAT PLAY ELECTRONIC SOUNDS BUDDIES (R110) WWW.SHINGAVET.CO.ZA



6



5



4

Best buys

CONVENTIONAL (STANDARD-SIZED) BINOCULARS

BEST BUY

BUSHNELL EXCURSION HD 10 X 42

About R4499 from specialist retailers

Features and accessories: Roof-prism binoculars with dual hinge design. Lockable eye-cups, eyepiece cover and detachable objective covers. Thick comfortable neck strap and padded carry case. Magnesium alloy housing. Waterproof and nitrogen filled. FOV 6,5°; close focus distance 2,5m; mass 687g

Comments: The optics were excellent and the binoculars surprisingly light for the size. The build quality was exceptional and extremely robust. The focus ring was quick and easy to adjust and had the added feature of being able to lock. The open bridge dual hinge design is an excellent feature and is very comfortable.

Suitability: Good for birding and wildlife viewing.



RATINGS:

Optics: ****

Build: *****

Feel: ****

Value: ***

GREAT OPTICAL QUALITY

NIKON 10 X 30 MONARCH 7

About R7100 from specialist retailers

Features and accessories: Roof-prism binoculars with lockable eyecups. Low dispersion glass. Thick strap, eyepiece covers and detachable objective covers. Padded case included. Waterproof and nitrogen filled. FOV 6,7°; close focus distance 2m; mass 461g

Comments: The most expensive pair of binoculars reviewed. Lightweight, but robust and extremely compact for carrying around or storing. The optical quality was excellent and the image was clear, bright and stable. Feel was very good, but suffered slightly from a stiff focusing wheel. If you are looking for a standard pair of binoculars, these are excellent and compact.

Suitability: Very versatile, ideal for hiking, bird-watching, game-drives or sporting events.



RATINGS:

Optics: ****

Build: ****

Feel: ****

Value: ***

EXCELLENT CHOICE

NIKON PROSTAFF 7S 10 X 30

About R3599 from specialist retailers

Features and accessories: Roof-prism binoculars with lockable eye-cups, eyepiece covers and objective covers. Objective covers can be attached to the thick, padded strap. Padded case included. Waterproof and nitrogen filled. FOV 6°; close focus distance 2,5m; mass 421g

Comments: An excellent pair of binoculars with good optics and ergonomic design. The focus is smooth and quick. Optical quality, build quality and field of view are lower in comparison to the Nikon Monarch 7, but at half the price this minor reduction in quality is hardly worth the mention. These binoculars are extremely light and compact and could almost fit into a pocket.

Suitability: Very versatile and would be ideal for any outdoor activity.



RATINGS:

Optics: *****

Build: ****

Feel: ****

Value: *****

EXCELLENT PERFORMANCE

LYNX 8 X 32 #46 SERIES

About R4874 from Drifters, Tothills and MJ's

Features and accessories: Roof-prism binoculars with dual hinge design. Lockable eye-cups, eyepiece cover and objective cover. Carry case with strap. Waterproof and nitrogen-filled. FOV 7,5°; close focus distance 1m; mass 519g

Comments: An excellent pair of binoculars with a very wide field of view. The optical performance was excellent. Focus was quick and sharp. The close focusing of these binoculars is an added advantage for watching butterflies. The higher magnification 10x32 pair in the same range was difficult to focus and the image tended to shake, so it's best to stick to the 8x magnification.

Suitability: Birding, butterfly watching and wildlife viewing.



RATINGS:

Optics: *****

Build: ****

Feel: ****

Value: ****

The best binoculars for your budget.

You're at the counter of your favourite outdoor store, ready to buy your first pair of binoculars. The choice is overwhelming and the jargon a little frightening. The two main factors to consider are what you plan to use them for, and what you're willing to spend. Here's what you need to know...

STURDY BUILD

LYNX 10 X 42 #44 SERIES

About R5301 from Drifters, Tothills and MJ's

Features and accessories: Roof-prism binoculars with lockable eye-cups, eyepiece and objective cover. Carry case with strap included. Waterproof and nitrogen-filled. FOV 6°; close focus distance 2,5m; mass 561g

Comments: Another pair of good binoculars with great optics. Unfortunately the focusing ring was a bit stiff. The single hinge is also less comfortable to hold than the dual hinge design of the Lynx #46 series. Very robust, well-built and easy to use.

Suitability: Best for birding or wildlife viewing.



RATINGS:
Optics: ****
Build: ****
Feel: ****
Value: ***

GOOD OPTICS

LYNX RANGER 10 X 42

About R2223 from Drifters, Tothills and MJ's

Features and accessories: Roof-prism design with two lockable levels to the eye-cups. Eyepiece cover, detachable objective covers and carry case with strap. Waterproof and nitrogen-filled. FOV 6,3°; close focus distance 2m; mass 691g

Comments: Good quality optics, but overall the binoculars are unnecessarily chunky and armoured. As a result they are heavy and very uncomfortable to hold. Focus wheel was stiff. Not a very versatile pair of binoculars – their size makes them difficult to pack and carry for long periods of time.

Suitability: Game drives and stargazing.



RATINGS:
Optics: ****
Build: ***
Feel: ***
Value: ***

WIDE FIELD OF VIEW

PENTAX DCF CS 8 X 42

About R4699 from specialist retailers

Features and accessories: Roof-prism design with lockable eye-cups and clickable diopter. Reflective coating on lenses. Eyepiece cover and objective covers. Padded carry case and thin neck strap. Waterproof and nitrogen-filled. FOV 7,5°; close focus distance 2,5m; mass: 629g

Comments: The optical quality was very good, with very clear, bright and steady images. The obvious advantage of these binoculars is the very wide field of view. However, they are a bit bulky, and the eye-cups, quite flimsy. The clicking diopter is an excellent feature for quickly adjusting the binoculars to suit the different visions, but may not be very robust. Great value for money!

Suitability: Good for birding and wildlife viewing.



RATINGS:
Optics: ****
Build: ****
Feel: ****
Value: ****

WATER REPELLENT COATING

BUSHNELL 10 X 42 LEGEND ULTRA HD

About R5499 from specialist retailers

Features and accessories: Roof-prism binoculars with lockable eyecups and diopter. Eyepiece cover and detachable objective covers. Comfortable neck strap and padded carry case. Water repellent coating on lenses. Waterproof and nitrogen-filled. FOV 6,5°; close focus distance 2,5m; mass: 701g

Comments: Optical quality in these bins is great. The build quality was also good, though a bit stiff and heavy. The eye-cups were also too flat and slightly uncomfortable on the eyes. The water-repellent coating on the lenses is an excellent feature, especially if using them when it is drizzling or in misty conditions.

Suitability: Good for game drives.



RATINGS:
Optics: ****
Build: ****
Feel: ***
Value: ***

THE BASICS

Binoculars can be separated into two major groups based on prism design. Prisms modify the image you're viewing so that it is neither reversed nor inverted. The first and more dated design is porro-prism, which means that the objective lenses are offset from the eyepieces. The second design is the roof-prism in which the objective lens is directly in line with the eye pieces.

Porro-prism supposedly provides a more lifelike image, but results in binoculars that are generally heavier and more bulky, which tend to be less robust. Roof-prisms are now a preferred choice as they are lightweight, with comfortable slim designs. These days most binoculars are roof-prisms as they have become cheaper to produce with advances in technology.

The first set of numbers you'll notice on all binoculars are those for the magnification and objective lens. The magnification is the number of times larger an object would appear when compared to viewing it with the naked eye. The objective is the lens at the front-end of the binocular; it plays a major role in determining how much light enters the lens. The measurement, in mm, refers to

SHARP FOCUS

STEINER TACTICAL 10 X 42

About R4500 from Outdoor Warehouse

Features and accessories: Roof-prism binoculars with lockable eye-cups and eye flaps to block light on the side. Eyepiece cover and non-detachable objective covers. Coated lenses. Comfortable neck strap and padded carry case. Waterproof and nitrogen-filled. FOV (field of view) 6,5°; close focus distance 2m; mass 766g

Comments: Optical quality was excellent. Imagery was clear, crisp and bright and the focus, quick and sharp. The dust- and water-repellent coating is an excellent feature. The build and feel of these bins are not as good as some others on test – they're bulky and quite heavy. The eye flaps seem like a great feature, but are too loose and require lots of adjustment. Not as versatile as some others.

Suitability: Good for game drives and stargazing.



RATINGS:
Optics: ****
Build: ****
Feel: ****
Value: **

GOOD ALL-ROUNDER

NIKON 10 X 42 MONARCH 5

About R5999 from specialist retailers

Features and accessories: Roof-prism design with eye-cups which lock at three levels. Eyepiece cover, detachable objective cover, thick neck strap and padded carry case. Waterproof and nitrogen-filled. FOV 5,5°; close focus distance 2,5m; mass 641g

Comments: A classic pair of binoculars with good optical quality and smooth focus. However, these binoculars suffer from a very narrow field of view, which is not ideal for following moving objects. The design is very robust, and the strong casing provides good protection against shocks. Overall, a good all-rounder with great optics and a simple design.

Suitability: Nature viewing and occasional birding.



RATINGS:
Optics: ****
Build: ****
Feel: ****
Value: ****

COMPACT BINOCULARS

BEST BUY

NIKON SPORTSTAR EX 10X25

About R1 800 from Cape Union Mart, specialist retailers

Features and accessories: Roof-prism design. Adjustable eye-cups and multi-coated lenses. Neck strap provided. Nitrogen-filled and waterproof. FOV 6,5°; close focus distance 2,4m; mass 283g.

Comments: The image quality is excellent – it is bright and sharp with great clarity throughout the field of view. Focusing is smooth and easy. The hinge mechanism allows the binoculars to fold up very compactly. These are more expensive than some others on test, but are worth the extra money if you prefer a sturdy build, outstanding quality and excellent optical performance.

Suitability: A versatile pair for hiking or game viewing.



RATINGS:
Optics: ****
Build: ****
Feel: ****
Value: ****

BEST VALUE

PENTAX 8X25 UCFX II

About R1199 from specialist retailers

Features and accessories: Porro-prism design. Adjustable eye-cups and covers, a thin neck strap and leather carry case. 30-year warranty available. Multi-coated lenses, but not waterproof. FOV 6,2°; close focus distance 1,5m; mass 301g.

Comments: The optics are of high quality; images are stable, bright and crisp. The focus ring moves smoothly and accurately. These bins are comfortable to use, and the eye-cups are a good fit. The porro-prism design means they are susceptible to knocks and bumps, but the extensive warranty may guard against problems with build quality. We found the lockable diopter a useful feature. Excellent binoculars; good value for money.

Suitability: The high quality optics are suitable for both bird and wildlife viewing.



RATINGS:
Optics: ****
Build: ****
Feel: ****
Value: ****

the diameter of the lens. So a pair of 10x42 binoculars will have a magnification of 10 times and an objective lens with a diameter of 42mm. The next specification is the field of view (FOV), measured in degrees. This is a vital spec; the higher the FOV, the more you will be able to see through the bins at a given distance. The range of bins covers a variety of all of these specs, but bigger is not nec-

essarily better. There are trade-offs between image quality, stability, size and weight, and the decision is down to your personal needs.

Binoculars also come with a variety of hinge designs. The most common design is a single hinge, in which the two barrels of the binoculars are connected by a large single bridge on which the focusing ring is located. An increasingly common design is the dual

hinge: the barrels are connected with two hinges with a gap in the middle. The benefit is that you are able to wrap your hands fully around the barrels, giving a comfortable grip.

Another term you'll encounter is nitrogen-sealed; this is important if you're using binoculars in rough outdoor conditions. The air inside the bins is replaced with nitrogen, which makes them fog-proof and waterproof.

COMPACT & LIGHT K-WAY 10X25 (098291)

About R799 from Cape Union Mart

Features and accessories: Roof-prism binoculars with lockable eyecups. A thin strap is supplied but no eyepiece or objective covers. Waterproof and nitrogen-filled. FOV 6,5°; close focus distance 2,5 m; mass 275g.

Comments: An entry-level pair of binoculars, reflected in the build and image quality. The focus is quite poor and we found it difficult to bring them into sharp focus. The eye-cups are flimsy and uncomfortable, while the overall build quality seems a bit rough around the edges. These bins are a perfect budget choice, or if you are looking to buy for young children.

Suitability: Compact and lightweight, they're suitable for hiking and sporting events.



RATINGS:
Optics: ***
Build: ***
Feel: ****
Value: ***

RAPID FOCUS STEINER CHAMP 10X26

About R1 295 from Orms

Features and accessories: Roof-prism design. No adjustable eye-cups, but a thick neck strap is provided. Nitrogen-filled and waterproof. FOV 5,7°; close focus distance 2,6 m; mass 295g.

Comments: The first thing you'll notice when you pick up these bins is how smoothly and quickly the focus wheel turns, allowing for rapid focus. The image is sharp in the middle of the field of view but does become distorted and blurred around the periphery. The open bridge design makes them very comfortable to hold. The rubber eye-cups fold down so they can be used by someone wearing glasses, but they are flexible and do not fully retract, so there is the potential for wear and tear after extended use.

Suitability: Wildlife viewing, hiking and sporting events.



RATINGS:
Optics: ***
Build: ****
Feel: ****
Value: ****

BUDGET BUY TASCO 10X25 ESSENTIALS

About R299 from specialist retailers

Features and accessories: Roof-prism binoculars. Thin neck strap provided, but no adjustable eye-cups. Nitrogen filled, but not waterproof. FOV 5,5°; close focus distance 3,8 m; mass 248g.

Comments: These binoculars have excellent and sharp focus at a short distance, but this drops off quickly and becomes quite poor at distances greater than 80m. The focus wheel is stiff. The open bridge design makes them comfortable in hand and also means they fold up neatly to fit into a pocket. The lack of adjustable eye-cups means they become uncomfortable after extended periods of use.

Suitability: Entry-level pair, great for children.



RATINGS:
Optics: ***
Build: ***
Feel: ****
Value: ****

ADJUSTABLE MAGNIFICATION PENTAX 8-16X21 UCF ZOOM II

About R1 599 from specialist retailers

Features and accessories: Porro-prism design. These come with adjustable eye-cups and covers, a thin neck strap and a leather carry case. Built-in tripod mount. Multi-coated lenses, but not waterproof. FOV 5-3°; close focus distance 3m; mass 319g.

Comments: These binoculars are unique; they were the only ones on test with an adjustable magnification feature. The magnification doubles from 8x at the low end to 16x at the high end. However, the image quality, brightness and FOV decrease at full magnification. At the low end, the image is sharp and bright. The eye-cups are sturdy and comfortable and lock at two different levels. Although these are classified as compact, the porro-prism design means they are bulky and won't easily fit into a pocket.

Suitability: Sporting events.



RATINGS:
Optics: *****
Build: ***
Feel: ****
Value: *****

EXCELLENT BUILD-QUALITY

STEINER 8X24 WILDLIFE XP

About R3895 from Orms

Features and accessories: Roof-prism design. No adjustable eye-cups, but a thick neck strap is provided. Nitrogen-filled, shockproof and waterproof. FOV 6,7°; close focus distance 2m; mass 351g.

Comments: A robust pair of binoculars with excellent build quality. The image is very steady and sharp. The shockproof feature should protect the lenses if they are accidentally dropped. The eyepieces can be quite uncomfortable, although the rubber sides do help block out light entering from the side. Build quality comes at the expense of weight, but they are not uncomfortably heavy.

Suitability: Hiking and rock-climbing, as well as general wildlife viewing



RATINGS:

Optics: ★★★★★

Build: ★★★★★

Feel: ★★★★★

Value: ★★★

CARING FOR YOUR BINOCULARS

- Always use a harness or strap to avoid dropping them or bumping them. This should ensure that they are not knocked out of alignment.
- Avoid getting them wet and use a rain guard when using them in wet weather.
- Clean your lenses with a lens cloth to avoid scratches.
- Store your binoculars in a dry, cool area in a padded case and with the lens caps on.
- Get your binoculars serviced on occasion to avoid unnecessary wear and tear, including dust build-up.
- Think about insuring your binoculars, especially if you have spent a lot of money.

HOW WE TESTED

The technology has improved vastly and optical quality produced by many of the mid-range binocular suppliers is superb. It is now possible to buy an excellent pair for a fraction of what you'd have paid previously. This means your choice is down to what feels comfortable to you. We reviewed 17 pairs, assessing optical performance, build and comfort. Optical performance was based on image sharpness, brightness, colour rendition, flatness of field of view, extent of chromatic aberration, etc. By comparing these models, we were able to gain a good idea of their relative performance. Comfort was based on appropriate size, eye-cups, balance, weight, accessible focus wheel and speed of focus etc). This can also vary with hand size and individual experience. Ratings were done without knowledge of the prices.

BUYER'S GUIDE

- Decide what you'll be using the binoculars for. Do you want lightweight compacts for hiking or do you need a larger objective for early morning game viewing?
- Think about how often you will use the binoculars as this will determine how robust you need them to be. Will a flimsy plastic casing do the trick, or are durable high-grade plastics and lens coatings important?
- Always test the pair of binoculars you are thinking of buying and don't be afraid to ask the shop assistant to allow you to test the different brands and magnifications on offer.
- How do they feel? Are they comfortable to hold? Not too heavy?
- Is the neck strap thin or padded? Will they be uncomfortable around your neck when you wear them for long periods of time? Invest in a binocular harness if you plan to do a lot of walking with your binoculars.
- Not all faces are the same – what is comfortable to some may not be comfortable to others. Check that the eyepieces feel comfortable around your eyes, particularly if you are likely to use the binoculars with glasses. Is the close focus distance adequate for your needs (ideally, less than 3 metres)?
- Are the binoculars easy and quick to focus (how fast is the focusing mechanism)? Is the focusing wheel accessible and easy to use? Check near- and far-distance objects in the store. (You should be able to move from infinity to 5 metres in less than half a rotation of the focus wheel).
- Is the field of view (FOV) adequate? In general, avoid anything where the objective diameter divided by the magnification is 3 or less.
- Is the FOV adequate for your needs? Larger FOV is desirable as you are able to capture more of the scene in your binoculars.
- Is the image bright, clear and stable? High magnification comes at the expense of a stable image, which, when using the binoculars for long periods of time, will put strain on your eyes.
- Make sure that there is no 'halo' (chromatic aberration – look for ghostly blue or yellow edges to objects located towards the edge of the field of view). If possible, ask to test the binoculars outside, in natural lighting; shop lighting may make the image appear brighter than normal.
- Is the focus sharp across the field of view, or does it get soft towards the edges?
- Is the image flat? Pan quickly and check for bulging in the centre of the image.
- Is there a problem with flare? Take the binoculars outside and look towards the sun (not at it; this can damage your eyes), check to see if the image gets washed out by ghostly internal reflections.
- Are the binoculars robust and waterproof? Remember, over the years your binoculars are going to take some knocks and get splashed.

testhouse.fairlady.com

Go online for the complete survey with all the other products we tested.

All FAIRLADY Consumer Test House products are tested in the manner in which a regular consumer would use these items, in order to approximate our readers' experience as closely as possible. Consumer Test House products are not tested by the SABS, the CSIR or any other South African scientific testing body unless otherwise stated. Prices correct at time of going to print.

Join 12 lucky readers can each win double tickets* to see the West End performance of Mamma Mia! at Montecasino in Joburg.

FAIRLADY

AT THE WEST END PRODUCTION OF THE SMASH HIT MUSICAL

MAMMA MIA!

ON the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years before. Featuring the international West End cast, this enchanting tale of love, laughter and

friendship unfolds on a Greek island paradise.

Experience the storytelling magic of ABBA's timeless songs, and sing along to 22 of your favourite ABBA hits, including 'Dancing Queen', 'Take A Chance On Me' and 'The Winner Takes It All'. It's going to be a night to remember!



QUESTION: Which 1970s pop band's music is featured in MAMMA MIA!?

HOW TO ENTER SMS the keyword **MUSICAL** along with the answer, your full name, physical or postal address and email address to 33136. SMSes cost R1,50. Free SMSes don't apply. Alternatively, visit dailyfix.co.za to enter online.

CLOSING DATE 17 March 2015. For competition rules, see page 145.

*The tickets are only valid for Wednesday 25 March 2015.



Mamma Mia! runs from 24 March to 19 April 2015 at The Teatro, Montecasino in Johannesburg. Tickets are available from www.computicket.com.



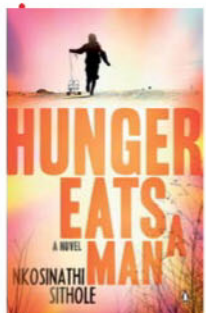
MegaXword

COMPILED BY CHRISTINE LOVATT

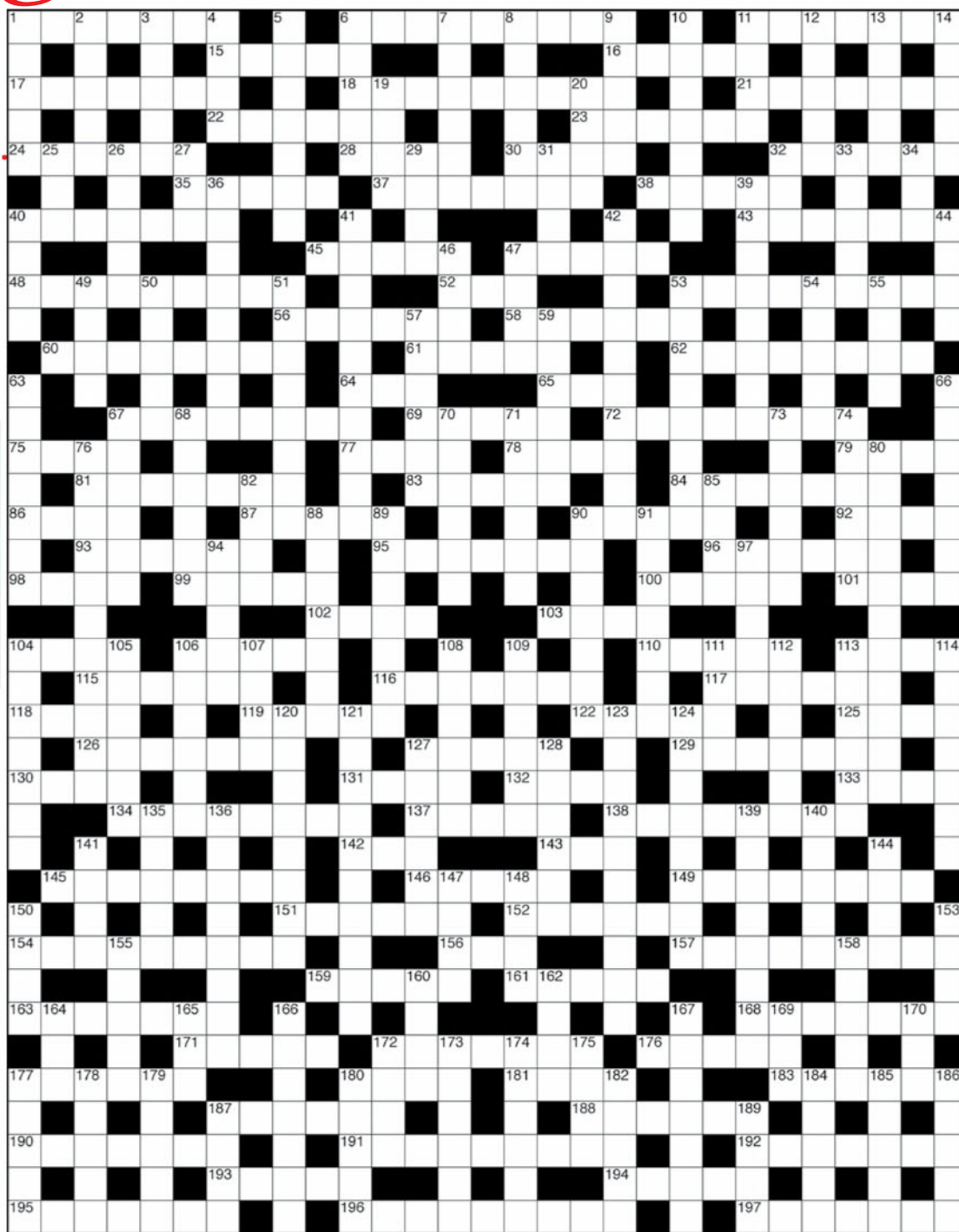
The senders of the first four correct MegaXword entries drawn will each win a hamper from Penguin Random House South Africa Books worth R830 each!



Die Again by Tess Gerritsen
Detective Jane Rizzoli and media examiner Maura Isles investigate a bizarre murder which seems to be linked with a series of other unsolved killings.



Hunger Eats A Man by Nkosinathi Sithole
This debut high-lights the ongoing plight of many rural South Africans and the power of a community working together to bring about change.



Perfect Parties by Janet Kohler
A useful collection of inspirational party ideas as well as delicious recipes.

How to enter

Send your complete crossword, with your name and daytime telephone number, to FAIRLADY MegaXword No 105, Box 7183, Roggebaai 8012 to reach us by 31 March 2015. The editor's decision is final and no correspondence will be entered into. Prizes may not be converted to cash. Staff members of Penguin Random House South Africa Books and Media24, as well as their advertisers, PR and digital agencies and their immediate family members, may not enter. Photocopies are not allowed. **CLOSING DATE:** 31 March 2015, For rules, see page 145.

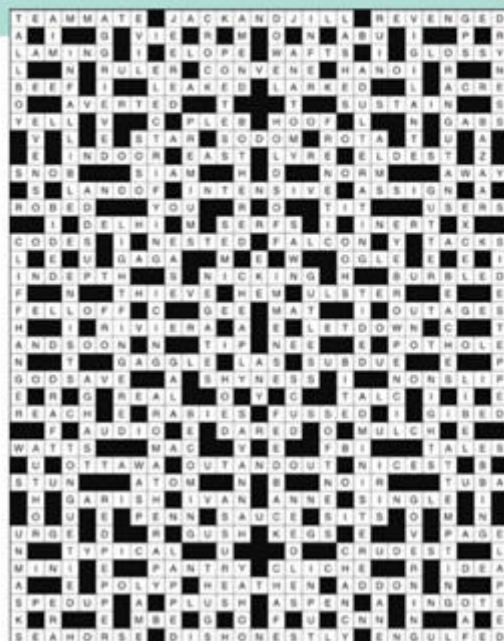
ACROSS

1. South Pacific nation, New ...
6. From Mount Everest area
11. Materials
15. Astound
16. Degrade
17. Spacecraft's return (2-5)
18. Insincerity
21. Colourful fish, ... trout
22. Scabbard
23. Coastal lake
24. Cruelty
28. 12 months
30. Cain's brother
32. Guard
35. Before expected
37. Bewildered
38. Inquired
40. Filled pasta
43. Entirely
45. Pokes
47. Family tomb
48. Made believe (4-5)
52. We ... not amused
53. Eliminates (rival) (6,3)
56. Adulates
58. Open range zoo, ... park
60. Affronts to society
61. Harmless fib, ... lie
62. Poorest of the poor
64. The common herd, ... polloi
65. Clergyman's title
67. Rustic
69. Native of Mecca
72. Sloth
75. Heavy fencing sword
77. Wolfs down
78. Root vegetables
79. Rowing aids
81. Training school
83. Hard sell
84. Aural protection item
86. The Y of NYPD
87. Theatre attendant
90. Beautify
92. Couch
93. Most recent
95. Infuriate
96. Cloud over ominously
98. Achievement
99. Replete
100. Gangsters, Bonnie & ...
101. Scuba descent
102. Fall suddenly
103. Food
104. Spot
106. Licit
110. Annoyed
113. Wuss
115. Earth's environment, Mother ...
116. Forms liking for (5,2)
117. Introduction (4-2)
118. Pitcher
119. Cowboy show
122. Stone overhang
125. Self-images
126. Shadowed (prey)
127. Contract killer's fee, ... money
129. Hoax (3-4)
130. Quieten
131. Peep
132. In proportion, pro ...
133. Dutch sea wall
134. Tranquilliser
137. Grey-faced
138. W Indian isle
142. Medical practitioner
143. City's chief mail centre (1,1,1)
145. Foregone conclusion, fait ...
146. 1/16 of pound
149. Envisages
151. Size
152. Consecrate as priest
154. Roamers
156. S African ruling party (1,1,1)
157. Elvis Presley museum
159. Grind (teeth) together
161. Cambodia's ... Rouge
163. Japanese warrior
168. Smallest
171. Initiated
172. Encroachments
176. Valuable possession
177. Titillating
180. Against
181. Swerve
183. Mentioning
187. Latvia & Estonia's region
188. Card game
190. Fur animal hunter
191. Relishing
192. Repudiations
193. Appalling
194. Actor, ... Willis
195. In the neighbourhood
196. Fire (exit)
197. Unhealthy

DOWN

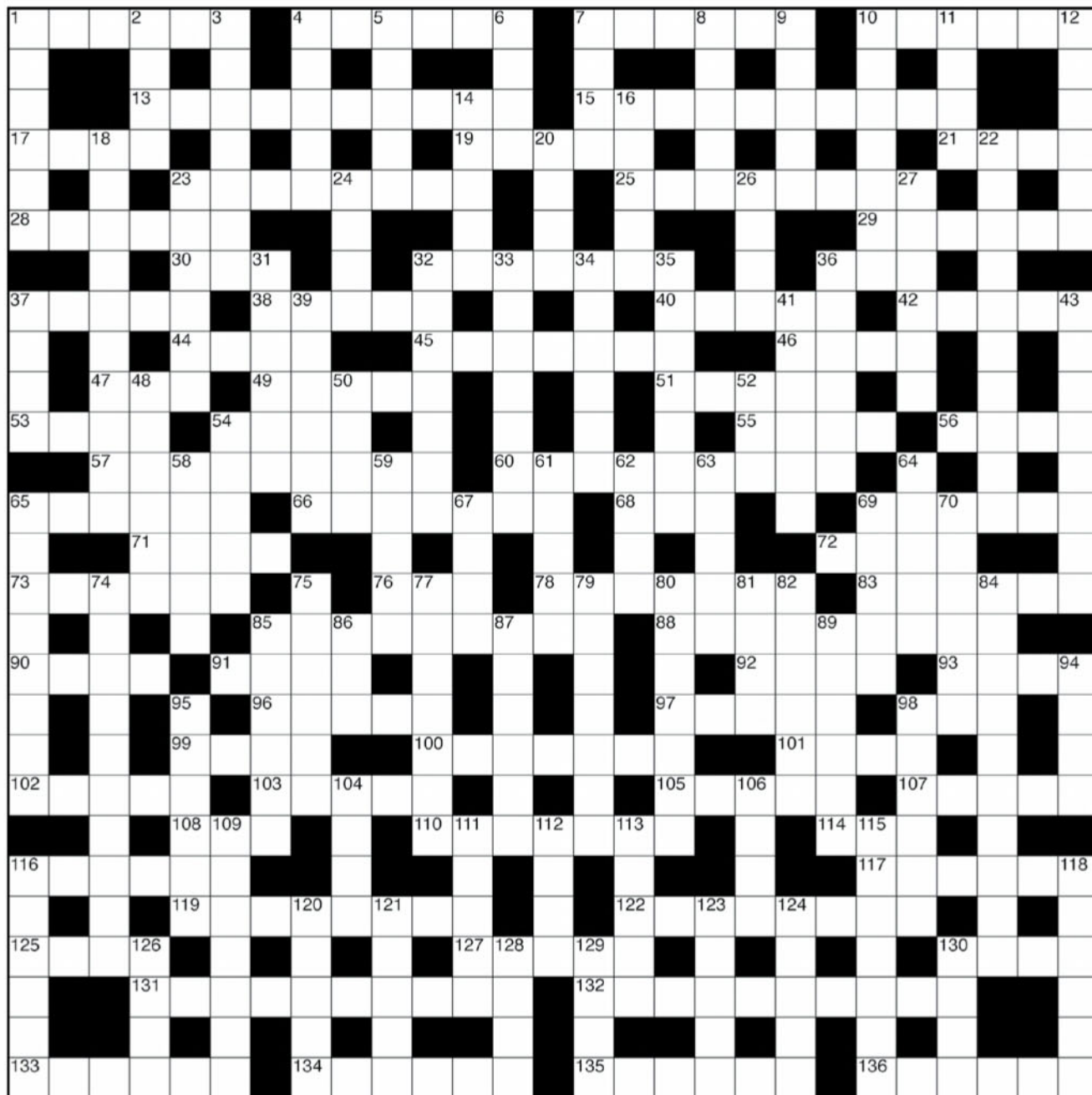
1. Noughts
2. In front
3. Singing voices
4. 24-hour periods
5. Antelope
6. Bulky
7. Ridiculous
8. The A of AGM
9. Flu symptom, ... congestion
10. Revel
11. Shade plant
12. Corrupt offer
13. Permeate
14. Used needle & thread
19. Throat-clearing noise
20. Sleigh
25. Sol!
26. Coldly
27. Director, ... Brooks
29. ... *Lang Syne*
31. Old VCR format
32. Insecticide (1,1,1)
33. Worries
34. Zilch
36. Vacuum-sealed
39. Continental
40. Mature
41. Swimming, cycling & running champion
42. Ill-judged (3-7)
44. Snow monster
46. Waist ribbon
47. Sleeveless garment
49. Touch at one end
50. Great artery
51. Wrecks
53. More compassionate
54. Fuses (of bones)
55. Unseat from power
57. Weaves, ... & turns
59. Antenna
63. Intoxicated (slang) (3-4)
66. Letter
67. Quickly kissed
68. Moves furtively
70. Facet
71. Tinting
73. Lapse
74. Marinated
76. Seriousness
80. Excruciatingly
82. Mongrel dog
85. Pop artist, ... Warhol
88. Snuggled
89. Flavoured rice dish
90. Spray can
91. Orange grove
94. More rational
97. Idolise
104. Horror writer, ... King
105. Grounds (electrical circuit)
106. Calmed
107. Actor, Richard ...
108. Lurks
109. Onto terra firma
111. Merriment
112. Barked shrilly
113. Exerts
114. Classiest
120. Peculiarities
121. Facilitating
123. Explained further
124. Exulting
127. Hilltop blaze
128. Pitfall
135. Summon up
136. Fruit pastry (5,3)
139. From the menu
- (1,2,5)
140. Of sheep
141. Peruse
144. Large
147. US Mormon state
148. Rooster
150. Wise birds
153. Reword
155. Misgiving
158. Laymen
160. Spoofed, ... up
162. Cow skin
164. House cooler, ... conditioner
165. Alphabet (1,1,1)
166. Cancel (4,3)
167. Piece of connecting land
169. Belonging to that
170. Father's boy
172. Ancient Peruvian
173. Hardship
174. Disinclined
175. Viewed
177. Praise lavishly
178. French heroine, Joan ... (2,3)
179. Propel
180. Supermarket lane
182. Ball sport
184. Attach
185. Rockies state
186. Breathes sharply
187. Donkey cry
189. Unspoilt paradise

Solution to MegaXword No 103



Solution to No 105 will be in the May 2015 issue

Brainteaser



Brainteaser No 104
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**WIN ONE OF 5 BOOK HAMPERS
WORTH R450 EACH!**



RED HOT by Jan Braai

In his second book, Jan Braai leaves behind regular braai foods and shows us how to braai curry potjies, soups, pancakes, and even apple tart!

LOVE YOUR WINE by Cathy Marston

Cathy Marston takes you on a wine appreciation journey with the sole aim of giving you confidence in your wine choices.

How to enter

Send your complete crossword, with your name and daytime telephone number, to FAIRLADY Brainteaser No 104, Box 7183, Roggebaai 8012 to reach us by 31 March 2015. The editor's decision is final and no correspondence will be entered into. Prizes may not be converted to cash. Staff members of Bookstorm and Media24, as well as their advertisers, PR and digital agencies and their immediate family members, may not enter. Photocopies are not allowed.

CLOSING DATE: 31 March 2015

For the rules of the competition, turn to page 145.

ACROSS

1. Rugged
4. Blood fluid
7. First batsman
10. Peacock & ...
13. Hesitation
15. Crack-of-dawn departure (5,5)
17. Chopped
19. Portray in oils
21. Mentioned
23. From Vienna
25. Tennis umpire's assistant
28. Crises
29. Knotted jumble
30. Ultrahigh frequency (1,1,1)
32. Unfortunate
36. Gusto
37. Ability
38. School composition
40. Muslim pilgrim's destination
42. Gumtree marsupial
44. Capture
45. Garden blaze
46. Home stereo (2-2)
47. Cooking fuel
49. Talk about, ... to
51. Ditto
53. Orbiting sphere
54. Meals list
55. Notion

56. Virile man
57. Thrown (of jockey)
60. Discussed
65. Forbidden
66. Hacked
68. Bustle
69. Putin's land
71. Type of key
72. Dashboard display
73. Reliable
76. Musical, ... *Wizard Of Oz*
78. Chocolate choux pastries
83. Attempting
85. Band
88. Not hindered
90. Style
91. Linear measure
92. Twosomes
93. Belgrade native
96. Remove wool from
97. Clarifies, ... light on
98. Likely touchdown time (1,1,1)
99. Runny cheese
100. Japanese warrior
101. Cover with gold
102. Hoard
103. Offal
105. Reception host
107. Gnash (teeth)
108. Be beholden to
110. Sorrow

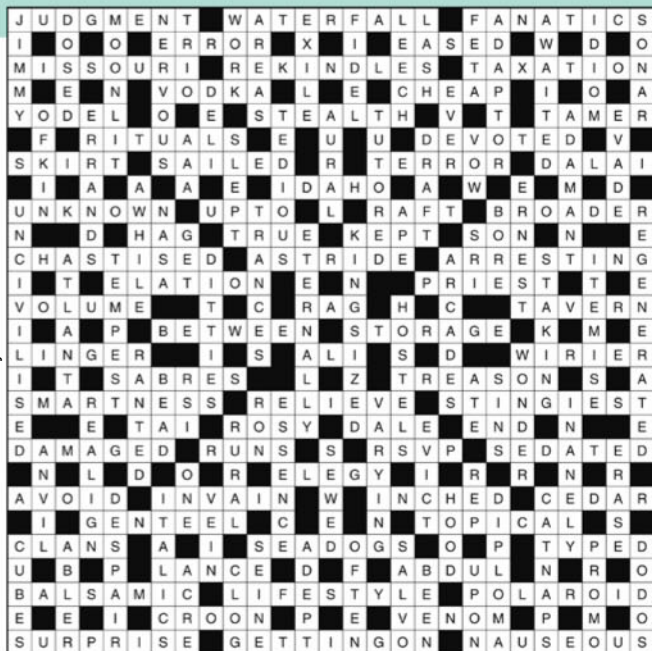
114. Perform slalom
116. Get-up
117. Snowy (region)
119. *The Lovely Bones* star, Susan ...
122. Marriage to only one person
125. Settee
127. Arctic shelter
130. Excited
131. Winner's purse (5,5)
132. Valet
133. Cemented
134. Rests on knees
135. Named
136. Practically

48. Upsets
50. Brimming
52. Broadcast on radio
54. Irrationally
58. Sitting places
59. Ground (electrical circuit)
61. Stranger
62. Founder
63. Bird, ... redbreast
64. Protect
65. Essential nutrients
67. Weeders
69. Sacred practices
70. Foxiest
74. Unimagined (8-2)
75. Sagittarius symbol
77. Funeral cars
79. Energy unit
80. Australians (colloquial)
81. Travel on horse
82. Blur
84. Romanticising
85. Available at premises (2-4)
86. Cuban guerrilla, ... Guevara
87. Rained heavily
89. Bouquets
94. Actor, ... Pitt
95. Finds repugnant
98. Anxiously
104. Terrible tsar
106. Perfume maker, ... Chanel
109. Tired
111. Sharpshooter, ... Oakley
112. Singer, ... Diamond
113. Pacific nation
115. Ugandan capital
116. Engross
118. Baby eagle
120. Know-all, smart ...
121. Propelled
123. Flu symptom, ... congestion
124. Injured with horns
126. Copied
128. Work-out clubs
129. Exclude
130. Nuclear weapon, ... bomb

DOWN

1. Swapped (cheque) for money
2. Attain
3. European Jewish language
4. Nut used in pies
5. Aircraft gangway
6. NZ actress, ... Paquin
7. Kiln
8. Stockings fibre
9. Damask blooms
10. Conciliate
11. ... & sciences
12. Taunt
14. TV serial melodrama, soap ...
16. World map book
18. Becoming threadbare (7,3)
20. Pagan statue
22. Irritates
23. Crypts
24. Pen tips
26. Norse navigator, ... the Red
27. Serviette
31. Dreaded
32. Half-breeds
33. Contrition
34. Inventor, Thomas ...
35. Daubed
36. Caused distress to
37. Sink grime
39. Outlays
41. Rebuked
43. New Year song, ... Syne (4,4)

Solution to Brainteaser No 102



Solution to No 104 will be in the May 2015 issue

The winners of MegaXword No 102 and Brainteaser No 101 appear on page 144.

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 to 9. You can't change the digits already provided in the grid. Each puzzle has just one correct solution. Find it on page 144.

MEDIUM

						4	7	9
	8				2			
	4	6	9	3				
	9	7	6			8	3	
	2	1			8	7	9	
				6	5	3	4	
			7				8	
5	1	3						

HARD

			8			9	7	
		2						4
7				3	1	2		
	3			1		4		7
	7						1	
8		1		9			2	
		9	3	8				2
3						5		
	8	5			9			

	7			5			9	
	3			8				2
9		8			3			
		2			9	5		7
	9		5		4		8	
5		7	8			6		
			3			1		5
1				9			6	
	8			1			2	

6					5	8	4	
				2			1	
	7		4			2		
	2	3			8			4
			3	6	2			
1			5			3	2	
		5			4		7	
	1			9				
	3	9	7					2

			5			4		6
	6	8						
		2	7	1				
	7		2		9	1		
	5						8	
		3	1		5		9	
				6	7	2		
						7	4	
7		5			2			



your STARS

PISCES

19 FEB – 20 MARCH

An eclipse in your sign (20th) could mean a number of things. Most likely? The beginning of a relationship no one wants you to have. Possibly not even you. But, when you're hooked on something – or someone – not even Bigfoot can tear you away. So go ahead – misbehave. But don't be too shocked when the fallout messes with your karma. Or smacks you in the face. Either way, next month's lunar eclipse will smooth the rough edges and put you back in the driving seat of your life. Make some choices (good ones) before that if you can.

GEMINI

21 MAY – 20 JUNE

Long-term ambitions are slowly becoming a reality for you. Don't stop now. Somehow, it's the final stretch that always seems the longest. And the rewards will be worth every bead of sweat on that fevered brow. Then, when it all becomes too much, you can turn to a love life that promises foreigners, travel, romance and unexpected surprises. Watching the ego is probably your greatest problem. So keep your motives pure – and the goodies will come raining down.

VIRGO

23 AUG – 22 SEPT

To soar like an eagle you must think like one. The idea is to give birth to the self you've dreamed of and get rid of the unnecessary. So you'll still work like a dog. But the rewards will be more obvious, and the work itself a lot more fun. You'll also make some influential new friends who'll remind you that you never have to go it alone. A solar eclipse on the 20th transforms every relationship you've ever had – including the one with yourself. Start by accepting – and loving – yourself as you are. Then get ready to change. That way it'll be fun.

SAGITTARIUS

22 NOV – 21 DEC

It's one thing to recognise the problem – but quite another to work out the solution. Don't be in too much of a rush, though, because you're unlikely to fix things until after the eclipse on the 20th. Meanwhile, try for cooperation rather than mere survival. Others have noted your ambitions – and many share them. So while you're waiting to be acknowledged, use your fabulous instincts to make a few well-chosen investments. It's plain sailing from there.

ARIES

21 MARCH – 19 APRIL

The goddess of love and god of passion beckon, arrows at the ready. And since they're both in your sign, you won't know whether to propose to all in sight, or hide from the hordes of admirers panting outside your door. Either will be fun, although you might ward off the ensuing drama by deciding what you want – in advance. Ego and power games are not useful. Creativity, compassion and generosity will help. As will the understanding that you're obviously so irresistible no one can help themselves. Be kind.

CANCER

21 JUNE – 22 JULY

This is not the time to go rushing into anything new. A cooling-off period is what's wanted here. So much has happened, you need time to digest the new and let go of the old. There were many Cancerian divorces last year – and many overly passionate destructive affairs. Take your time before rushing into the next relationship. The new man in your life will have a better idea how to balance his work with his private life – and much more time to give you the kind of attention you yearn for.

LIBRA

23 SEPT – 22 OCT

Knowing how easily bored you are, you'll already be on the lookout for a new career plan. Flexibility and variety are the keys to success for you. So even if it's simply a matter of keeping your options open, do it. Money won't be too much of a problem this year, so you'll have some space to develop your confidence in new areas. If you have property to sell, do it after the 20th. This could be your time to invest. Also, watch the moon – while it's waxing, money comes to you; while it's waning, money leaves you. So make notes.

CAPRICORN

22 DEC – 19 JAN

Last year your love life took precedence. This year, find ways to stay in shape without hating every minute. Not easy but possible – even if it means getting your exercise in the bedroom, a distinct possibility as your love life now resembles a soap opera – more melodrama than feeling. Singles can expect love to arrive unannounced; divorcees can look for fun and fantasy or marry again. Be adventurous, and let the universe take it from there.

TAURUS

20 APRIL – 20 MAY

Suddenly it feels as though everyone is dumping their garbage at your door. Best advice is to firmly lock the front entrance and go round the back – at least until the 18th, when they'll all find someone else to annoy. On good days, though, use that creative brilliance of yours to come up with innovative solutions. And ignore the conservative factions trying to block your path. They're jealous and insecure. So be kind – but dismissive. This is not your problem.

LEO

23 JULY – 22 AUG

Money is no longer the real issue – although you'll have enough for your needs. Right now, what you're really working for is status and career advancement. You'd rather climb the ladder of another's yacht than save for your own. Even so, you'll take on a lot more than usual and be forced to be responsible for other egos besides your own. The trick is to learn how to use power – the higher your status, the bigger and more impressive your mistakes. Try to duck the blows and keep going.

SCORPIO

23 OCT – 21 NOV

So you thought last year was dramatic? Stick around. The complete transformation of you – not only of the way you look, but also of the way you handle your life – continues. Big things happened last year. This year you're adjusting to the new you. Which means – of course – an uprising of all the old fears and nightmares, a frantic desire to run back to the way things were – and, in the end, an acceptance of a wonderful new life for you and yours. It's a process – as always.

AQUARIUS

20 JAN – 18 FEB

Always the winner, the leader who's determined to sweep away the opposition. That's you. Or it was. This year, you're being asked to take a look at who you are – instead of what you can do – and find your real self. Ambition takes a back seat (briefly) – and you get to have an ordinary life for a while. Which is not nearly as bad as it sounds. Ordinary people can do fascinating things, you know. But the pressure to impress is so much less. What a relief. ♣

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M TERBLANCHE, FAERIE
GLEN
M VERMEULEN, WOLSELEY
N VERMEULEN, GANSBAAI
A MAHARAJ, LINKSFIELD
RIDGE
F VENTER, ROODEPLAAT
J ELLMAN, BELLVILLE
T FURTER, RIETONDALE
M KENT, PRETORIA
M GARRETT, HILLCREST
M ROSSOUW, VILLIERSDORP
M GLADYS, KWAGGAstrand
M DAVIES, RANDBURG
M KAVALLIERSATOS,
GREENSIDE
S CUTHILL, PLATTEKLOOF
L THACKWAY, FISH HOEK
A KLEANTHOUS, MARGATE
F JAPPIE, AUCKLAND PARK
B NEL, STRUBENSVALLEY
K BLOM-MATIAS, PE

SUBSCRIPTION

A GLICK, SAXONWORLD
M CHROBOK,
KREUPELBOSCH

K AKESTER, WEST BEACH
V PRINGLE, DURBANVILLE
C LANGE, ROODEPOORT
H VAN ZYL, STELLENBOSCH
L RICH, ABERDEEN
D DU PLOOY, PINELANDS
G ENGELBRECHT
Z MODENA
Z PHEPHETA

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A GORDON, PATERSON
M HOCKNEY, EDGEMAD
T RAMELA, THE WILLOWS

ON ROUTE IN SA:
T BOTHMA, MODIMOLLE
C MNGOMEZULU, TSHANDU,
THE WILLOWS
J CHALMERS, PARK SOUTH

21 ICONS:

H JONKER, RANDBURG
N JASMIN, SYDENHAM
M DALBY, PMB
CRAFT BEER:
N MPEPO, KING WILLIAMS
TOWN

V REISSNER, SUNNYSIDE
M KENDALL, WESTVILLE
THE SEARCH FOR THE RAREST BIRD:
C GREEFF, WEST BEACH
M NESBIT, MOUNT CROIX
B VIRET, UITZICHT

SOLUTIONS TO Sudoku

HARD

5	6	3	8	4	2	9	7	1
1	9	2	5	7	6	3	8	4
7	4	8	9	3	1	2	6	5
9	3	6	2	1	8	4	5	7
2	7	4	6	5	3	8	1	9
8	5	1	4	9	7	6	2	3
6	1	9	3	8	5	7	4	2
3	2	7	1	6	4	5	9	8
4	8	5	7	2	9	1	3	6

MEDIUM

2	7	4	6	5	1	3	9	8
6	3	1	9	8	7	4	5	2
9	5	8	2	4	3	7	1	6
8	4	2	1	6	9	5	3	7
3	9	6	5	7	4	2	8	1
5	1	7	8	3	2	6	4	9
4	6	9	3	2	8	1	7	5
1	2	3	7	9	5	8	6	4
7	8	5	4	1	6	9	2	3

3	5	2	8	1	6	4	7	9
7	8	9	5	4	2	6	1	3
1	4	6	9	3	7	2	5	8
4	9	7	6	2	1	8	3	5
8	3	5	4	7	9	1	2	6
6	2	1	3	5	8	7	9	4
9	7	8	1	6	5	3	4	2
2	6	4	7	9	3	5	8	1
5	1	3	2	8	4	9	6	7

6	9	2	1	7	5	8	4	3
3	4	8	6	2	9	7	1	5
5	7	1	4	8	3	2	9	6
7	2	3	9	1	8	6	5	4
9	5	4	3	6	2	1	8	7
1	8	6	5	4	7	3	2	9
2	6	5	8	3	4	9	7	1
4	1	7	2	9	6	5	3	8
8	3	9	7	5	1	4	6	2

1	3	7	5	9	8	4	2	6
5	6	8	4	2	3	9	7	1
4	9	2	7	1	6	5	3	8
8	7	6	2	3	9	1	5	4
9	5	1	6	7	4	3	8	2
2	4	3	1	8	5	6	9	7
3	8	4	9	6	7	2	1	5
6	2	9	8	5	1	7	4	3
7	1	5	3	4	2	8	6	9

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Chair Leader

IT is fair to say that The Pug has put on a bit of condition in the year he has been living with us. To refer to him as a porker might be rude, but it would not necessarily be an outright lie. He is deeply fond of his food,

which he inhales so fast and with so much enthusiasm that we have to attach his plate to the floor, otherwise he would push it all over the house. While he has never had what one could honestly call a neck, the bit that attaches his head to his body has developed a kind of collar of fat that makes his head look like the top of a roll-on

deodorant with the lid off. He is so portly that when the doorbell rings and he bustles briskly down the passage to see off whoever has had, in his view, the damn cheek to ring it, he occasionally barks himself right off course and barrels into the side wall instead. He is simply too fat to correct his trajectory.

And yet, lying face down with his paws pointing straight out off the front of what used to be my TV-watching chair (which he has now commandeered as Pug HQ), he manages to exude the same kind of fat menace that Marlon Brando had in *The Godfather*. He may look ridiculous, but he also looks as though he could take you down. The thing is, it's *my* chair, and with lanky teens draped over the rest of the furniture, there is not much choice left for me, even if I *wanted* to sit somewhere else. Which I don't.

The Pug doesn't move a muscle as I walk towards him. Only his eyes follow me around the room.

'Come on, Pugsley, get off.'

No response. Eyes.

'Pugsley, this is MY chair.'

Zero.

I try to muscle him out of the chair, which is undignified in itself. But somehow, without moving, and with

While he has never had what one could honestly call a neck, the bit that attaches his head to his body has developed a kind of collar of fat that makes his head look like the top of a roll-on deodorant with the lid off.

no opposable thumbs, the Pug manages to cling on. It is a mystery of science. It must be down to sheer solidity: he is not so much a dog as a sinker with fur. Eventually I have to settle for squishing in next to him, which is embarrassing.

I read somewhere that Pugs were bred as companions for Chinese royalty and, more specifically, to warm their feet and their laps in the icy winters. Pugsley takes his job very seriously, even in high summer – if he doesn't manage to beat me to my chair, he will still (despite his girth) climb up and sit on my lap. These days it takes him several attempts and quite a long run-up before he manages it, but eventually he gets there. The effort makes him

pass out and snore so loudly that we keep missing crucial bits of TV dialogue:

'But Watson, as any fool could see, the murderer, who I have quite clearly identified as - *snorrrrrhhhhhhhhhhggg-ggggh-h-h-h-hhh* – slashed the victim and stashed the murder weapon cleverly in the - *snorrrrrhhhhhhhhhhhhggg-ggh-h-h-h-hhh*. It's perfectly obvious.'

Well, no, Sherlock, not to us it isn't. We have no idea what's *klapping*, as the teens insist on saying.

'But why don't you just say,' 'we have no idea what's going on', like a normal person would?', I ask Fourteen.

'Because that's what us in the industry would call a Class A *las*,' she says.

'We,' I say. 'Because that's what WE in the industry would call a Class A *las*'.

'I know, right?' she says, happy that we agree. 'Such a *las*.'

Between the Pug and the teens, there is scant space left for a woman just trying to live her life, speak English and watch a little *Sherlock* on TV.

There may not be much I can do about the teens, who I have to assume will one day turn into actual people, but that pug is going on a diet. ♣

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